



SERENITY

THE ONLY PEACE YOU NEED

MENTAL HEALTH APPLICATION

DBMS PROJECT REPORT

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CONTENTS

	PG NO.
INTRODUCTION	3
OVERVIEW	3
FUNCTIONAL FEATURES OF SYSTEM	3
DISCLAIMER	4
LOGICAL ERD OF OUR ORGANIZATION	6
FOREIGN KEYS	7
INTEGRITY RULES	9
RECOMMENDED GENERAL CONSTRAINTS FOR THIS SCHEMA	9
PHYSICAL ERD	10
SQL CODE	11
SCHEMA OF ORGANIZATION	21
INSERTION OF RECORDS	22
USER PRIVILEGES AND ROLES	61
QUERIES	62
CONCLUSION	80

INTRODUCTION:

In the fast-paced world we live in, mental health has become a critical concern for many individuals. To address this growing need, we have developed an innovative mental health application designed to support and enhance the well-being of our users. Our app integrates a variety of features aimed at tracking moods, unique virtual pet companion, promoting self-care, and fostering a supportive community, all while providing access to professional help when needed.

OVERVIEW OF SYSTEM:

Our mental health application is designed to be a holistic tool that empowers users to take charge of their mental health journey. We ensure that mental health care is accessible, enjoyable, and effective for all our users.

Our mental health application provides a robust set of features to support user's mental well-being. A mood tracker is used for logging daily emotions and identifying patterns. Moreover, every user has their own virtual pet. The user has the responsibility to feed and play with the pet to increase its health and happiness percentage. Users earn points by completing various daily tasks, which can then be used to care for their pet.

Additionally, users have the authority to read, comment on, and write blogs based on their experiences and information on mental disorders. Users can also create personal notes. The administrator has oversight of the entire system. Admins provide reliable content on symptoms, causes, and treatments.

Moreover, the user can also make new friends by sending and accepting friend requests, and they can also engage in private messaging. The user can also provide feedback based on their experience. Additionally, users with premium subscription can book sessions with licensed therapists, ensuring access to professional help when needed, all within a supportive and interactive community.

FUNCTIONAL FEATURES OF THE SYSTEM:

Mood Tracker:

- Users can log their daily emotions and track their mood over time.
- The mood tracker helps users identify patterns and triggers in their emotional health.

Virtual Pet:

- Each user has a virtual pet that they can feed and play with.
- Users earn points by completing tasks, which can be used to increase the health and happiness of their virtual pet.

- This feature promotes engagement and provides a sense of accomplishment.

Blogging Platform:

- Users can write blogs about various mental disorders and their personal experiences.
- Users can read and comment on blogs written by others, fostering a sense of community and shared understanding.

Articles On Health Disorders:

- Only admins can write and publish detailed information on mental disorders, including their symptoms, causes, and treatments.

Notes:

- Users can create personal notes to jot down thoughts, feelings, and observations.
- This feature helps users reflect on their mental health journey and track progress.

Social Networking:

- Users can make new friends by sending and accepting friend requests.
- Private messaging allows users to communicate directly with their friends, providing support and encouragement.

Professional Help:

- Users with a premium subscription can book sessions with licensed therapists.
- The booking system is based on the availability of therapists, ensuring timely access to professional mental health support.

Admin Controls:

- Admins oversee the entire system to ensure smooth operation.
- Admins are responsible for providing accurate and reliable content on mental health topics.

Feedback and Complaints:

- Users can submit feedback on their experiences using the app.
- There is a system for users to file complaints about any issues they encounter.
- This feature helps improve the app by addressing user concerns and suggestions.

DISCLAIMER:

Not Diagnostic:

The app is designed for informational and educational purposes only and is not intended to diagnose mental health disorders. Users should seek professional advice for accurate diagnosis.

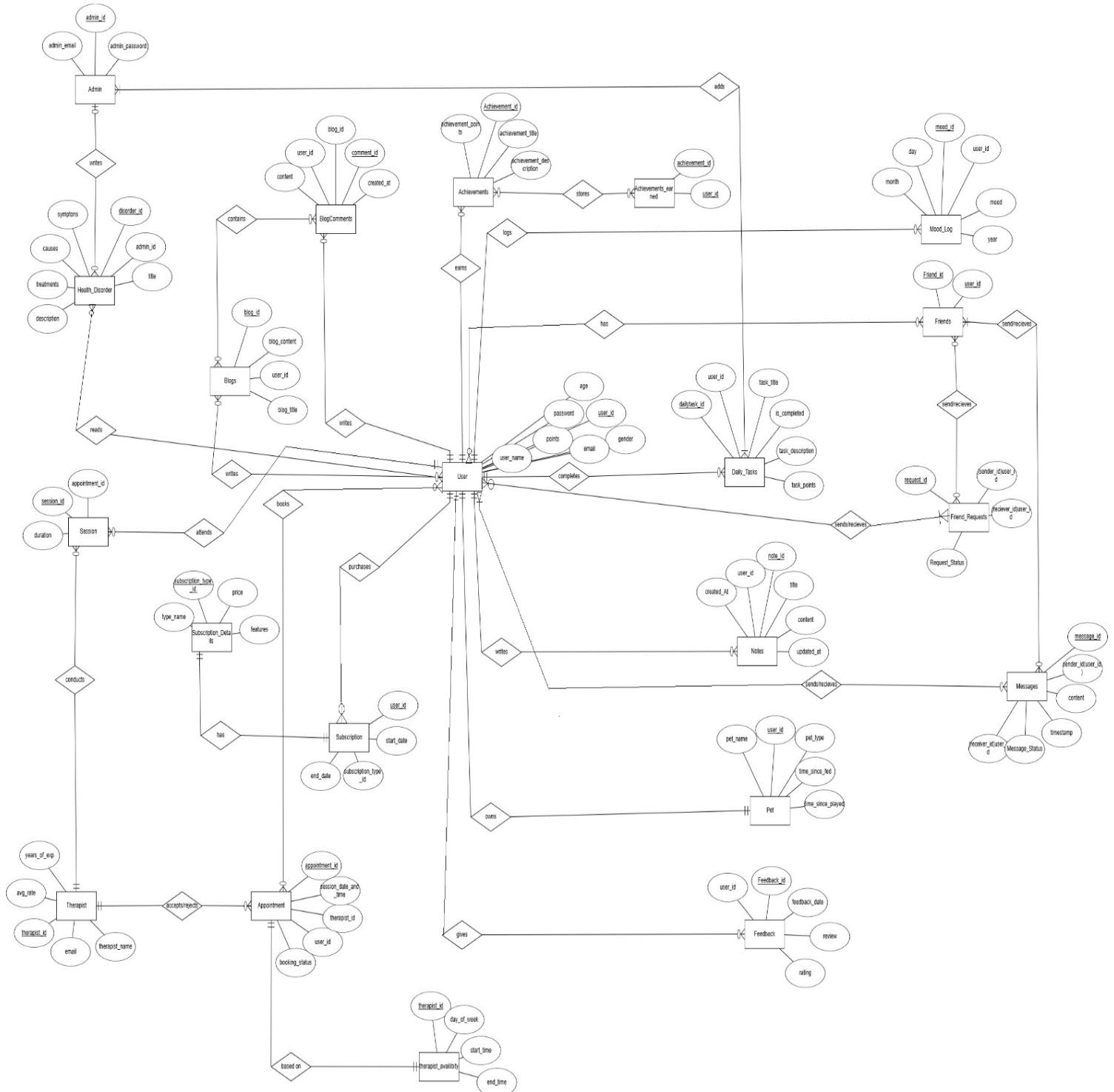
Supplemental Support:

While the app provides tools for mood tracking, blogging, and accessing information on mental disorders, it is meant to complement professional mental health care rather than replace it entirely.

User Responsibility:

Users are responsible for their interactions within the app, including the accuracy of information shared in blogs and comments. Admin oversight helps maintain quality, but individual user contributions may vary.

LOGICAL ENTITY RELATIONSHIP DIAGRAM:



FOREIGN KEYS:

SUBSCRIPTIONS:

- Subscription_type_id references subscription_details(Subscription_type_id)
- User_id references Users(user_id)

THERAPIST_AVAILABILITY:

- Therapist_id references Therapists(Therapist_id)

SESSIONS:

- Appointment_id references Appointment(Appointment_id)

PETS:

- User_id references Users(user_id)

NOTES:

- User_id references Users(user_id)

MOOD_LOGS:

- User_id references Users(user_id)

MESSAGES:

- sender_id references Users(user_id)
- receiver_id references Users(user_id)

HEALTH_DISORDERS:

- Admin_id references Admin/Admin_id

FRIEND_REQUESTS:

- Sender_id references Users(user_id)
- Receiver_id references Users(user_id)

FRIENDS:

- User_id references Users(user_id)
- Friend_id references Users(user_id)

FEEDBACK:

- User_id references Users(user_id)

DAILY_TASKS:

- User_id references Users(user_id)

BLOGS:

- User_id references Users(user_id)

BLOG COMMENTS:

- User_id references Users(user_id)
- Blog_id references Blogs(Blog_id)

APPOINTMENT:

- User_id references Users(user_id)
- Therapist_id references Therapists(Therapist_id)

ACHIEVEMENTS_EARNED:

- User_id references Users(user_id)
- Achievement_id references Achievements (Achievement_id)

INTEGRITY RULES:

Entity Integrity Rule:

- Assures that every table has a primary key that cannot be null and uniquely identifies every record.
- Each table in the schema contains a primary key, preserving entity integrity.

Referential Integrity Rule:

- Ensures that values for foreign keys always correspond to current, legitimate entries in the parent table.
- Example: In the Subscriptions table, Subscription_type_id must reference an existing Subscription_type_id in the Subscription_details table, and User_id must reference an existing User_id in the User table.

- Similarly, in the Achievement_earned table, Achievement_id must reference an existing Achievement_id in the Achievements, and user_id must reference an existing user_id in the User table.

RECOMMENDED GENERAL CONSTRAINTS FOR THIS SCHEMA :

The schema implements several key constraints to ensure data integrity and reliability.

- NOT NULL CONSTRAINT:**

Not null constraint is applied to user_id,email,password,gender,points,age,user_name in the User table to ensure complete and reliable user information.

- FOREIGN KEY CONSTRAINTS:**

Referential integrity is enforced, notably with user_id across tables like feedback, friends, friend_requests,notes,blogs,appointment,blogcomments,pets,achievement_earned, mood_logs,messages,daily_tasks, ensuring valid relationships between entities.

- UNIQUE KEY CONSTRAINTS:**

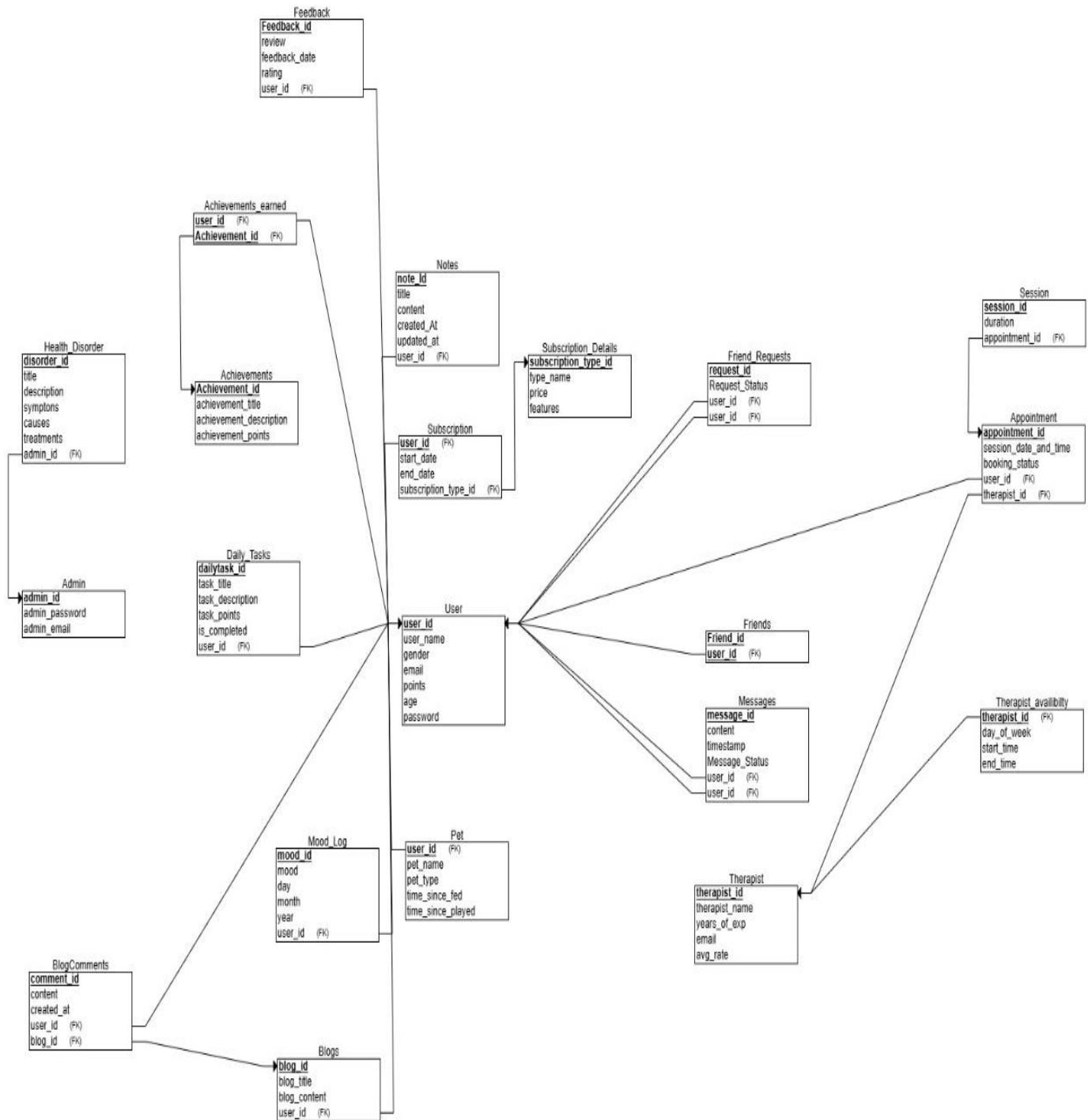
Unique key constraint is applied to email of user,therapist and admin to ensure that each member of organization has their own and unique email address.

Index Name	Index Type	Uniqueness	Status	Columns
EMAIL	NORMAL	UNIQUE	VALID	EMAIL

Index Name	Index Type	Uniqueness	Status	Columns
ADMIN_EMAIL	NORMAL	UNIQUE	VALID	ADMIN_EMAIL

THERAPIST_EMAIL	NORMAL	UNIQUE	VALID	EMAIL
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PHYSICAL ERD (IN 3RD NORMAL FORM):



SQL CODE :

1. SUBSCRIPTION_DETAILS TABLE:

```
CREATE TABLE Subscription_Details
(
    subscription_type_id INT NOT NULL,
    type_name VARCHAR(30) NOT NULL,
    price FLOAT NOT NULL,
    features VARCHAR(500) NOT NULL,
    PRIMARY KEY (subscription_type_id)
)
```

Table created.

2. USERS TABLE:

```
CREATE TABLE Users
(
    user_id NUMBER NOT NULL,
    user_name VARCHAR2(50) NOT NULL,
    gender VARCHAR2(10) NOT NULL,
    email VARCHAR2(35) NOT NULL,
    points NUMBER NOT NULL,
    age NUMBER NOT NULL,
    password VARCHAR2(20) NOT NULL,
    PRIMARY KEY (user_id)
)
```

Table created.

3. ADMINS TABLE:

```
CREATE TABLE Admins
(
    admin_id NUMBER NOT NULL,
    admin_password VARCHAR2(20) NOT NULL,
    admin_email VARCHAR2(30) NOT NULL,
    PRIMARY KEY (admin_id)
)
```

Table created.

4. PETS:

```
CREATE TABLE Pets
(
    pet_name VARCHAR2(30) NOT NULL,
    pet_type VARCHAR2(30) NOT NULL,
    health_percentage NUMBER NOT NULL,
    hunger_percentage NUMBER NOT NULL,
    happiness_percentage NUMBER NOT NULL,
    user_id NUMBER NOT NULL,
    PRIMARY KEY (user_id),
    FOREIGN KEY (user_id) REFERENCES Users(user_id)
)
```

Table created.

5. MOOD LOGS TABLE:

```
CREATE TABLE Mood_Logs
(
    mood VARCHAR2(30) NOT NULL,
    mood_id NUMBER NOT NULL,
    day NUMBER NOT NULL,
    month NUMBER NOT NULL,
    year NUMBER NOT NULL,
    user_id NUMBER NOT NULL,
    PRIMARY KEY (mood_id),
    FOREIGN KEY (user_id) REFERENCES Users(user_id)
)
```

Table created.

6. HEALTH_DISORDER TABLE:

```
CREATE TABLE Health_Disorders
(
    title VARCHAR2(30) NOT NULL,
    description VARCHAR2(100) NOT NULL,
    disorder_id NUMBER NOT NULL,
    symptoms VARCHAR2(100) NOT NULL,
    causes VARCHAR2(100) NOT NULL,
    treatments VARCHAR2(100) NOT NULL,
    admin_id NUMBER NOT NULL,
    PRIMARY KEY (disorder_id),
    FOREIGN KEY (admin_id) REFERENCES Admins(admin_id)
)
```

Table created.

7. FRIENDS TABLE:

```
CREATE TABLE Friends
(
    friend_id NUMBER NOT NULL,
    user_id NUMBER NOT NULL,
    PRIMARY KEY (user_id),
    FOREIGN KEY (user_id) REFERENCES Users(user_id)
)

Table created.
```

8. MESSAGES TABLE:

```
CREATE TABLE Messages
(
    message_id NUMBER NOT NULL,
    content VARCHAR2(1000) NOT NULL,
    timestamp DATE NOT NULL,
    message_status VARCHAR2(10) NOT NULL,
    user_id NUMBER NOT NULL,
    friend_id NUMBER NOT NULL,
    PRIMARY KEY (message_id),
    FOREIGN KEY (user_id) REFERENCES Users(user_id),
    FOREIGN KEY (friend_id) REFERENCES Friends(user_id)
)

Table created.
```

9. FRIEND_REQUEST TABLE:

```
CREATE TABLE Friend_Requests
(
    request_id NUMBER NOT NULL,
    request_status VARCHAR2(10) NOT NULL,
    user_id NUMBER NOT NULL,
    friend_id NUMBER NOT NULL,
    PRIMARY KEY (request_id),
    FOREIGN KEY (user_id) REFERENCES Users(user_id),
    FOREIGN KEY (friend_id) REFERENCES Friends(user_id)
)
```

Table created.

10. NOTES TABLE:

```
CREATE TABLE Notes
(
    content VARCHAR2(1000) NOT NULL,
    title VARCHAR2(20) NOT NULL,
    created_at DATE NOT NULL,
    updated_at DATE NOT NULL,
    note_id NUMBER NOT NULL,
    user_id NUMBER NOT NULL,
    PRIMARY KEY (note_id),
    FOREIGN KEY (user_id) REFERENCES Users(user_id)
)
```

Table created.

11. DAILY_TASKS TABLE:

```
CREATE TABLE Daily_Tasks
(
    dailytask_id NUMBER NOT NULL,
    task_description VARCHAR2(100) NOT NULL,
    task_points NUMBER NOT NULL,
    task_title VARCHAR2(50) NOT NULL,
    is_completed VARCHAR2(6) NOT NULL,
    user_id NUMBER NOT NULL,
    PRIMARY KEY (dailytask_id),
    FOREIGN KEY (user_id) REFERENCES Users(user_id)
)
```

Table created.

12. ACHIEVEMENTS:

```
CREATE TABLE Achievements
(
    achievement_title VARCHAR2(30) NOT NULL,
    achievement_description VARCHAR2(100) NOT NULL,
    achievement_id NUMBER NOT NULL,
    achievement_points NUMBER NOT NULL,
    User_id NUMBER NOT NULL,
    PRIMARY KEY (achievement_id),
    FOREIGN KEY (user_id) REFERENCES Users(user_id)
)
```

Table created.

13. FEEDBACK:

```
CREATE TABLE Feedback
(
    review VARCHAR2(200) NOT NULL,
    feedback_id NUMBER NOT NULL,
    feedback_date DATE NOT NULL,
    rating NUMBER NOT NULL,
    user_id NUMBER NOT NULL,
    PRIMARY KEY (feedback_id),
    FOREIGN KEY (user_id) REFERENCES Users(user_id)
)
```

Table created.

14. THERAPISTS:

```
CREATE TABLE Therapists
(
    therapist_id NUMBER NOT NULL,
    therapist_name VARCHAR2(50) NOT NULL,
    years_of_exp NUMBER NOT NULL,
    availability VARCHAR2(6) NOT NULL,
    email VARCHAR2(50) NOT NULL,
    avg_rate NUMBER NOT NULL,
    PRIMARY KEY (therapist_id)
)
```

Table created.

15. SUBSCRIPTIONS:

```
CREATE TABLE Subscriptions
(
    start_date DATE NOT NULL,
    end_date DATE NOT NULL,
    subscription_type_id NUMBER NOT NULL,
    user_id NUMBER NOT NULL,
    PRIMARY KEY (user_id),
    FOREIGN KEY (subscription_type_id) REFERENCES Subscription_Details(subscription_type_id),
    FOREIGN KEY (user_id) REFERENCES Users(user_id)
)

Table created.
```

16. SESSIONS:

```
CREATE TABLE Sessions
(
    session_id NUMBER NOT NULL,
    duration NUMBER NOT NULL,
    timestamp DATE NOT NULL,
    therapist_id NUMBER NOT NULL,
    user_id NUMBER NOT NULL,
    PRIMARY KEY (session_id),
    FOREIGN KEY (therapist_id) REFERENCES Therapists(therapist_id),
    FOREIGN KEY (user_id) REFERENCES Users(user_id)
)

Table created.
```

17. THERAPIST_AVAILABILITY:

```
CREATE TABLE Therapist_Availability (
    therapist_id NUMBER NOT NULL,
    day_of_week VARCHAR2(50) NOT NULL,
    start_time TIMESTAMP NOT NULL,
    end_time TIMESTAMP NOT NULL,
    PRIMARY KEY (therapist_id),
    FOREIGN KEY (therapist_id) REFERENCES Therapists(therapist_id)
)
```

Table created.

18. ACHIEVEMENTS_EARNED:

```
CREATE TABLE Achievements_Earned (
    user_id NUMBER NOT NULL,
    achievement_id NUMBER NOT NULL,
    PRIMARY KEY (user_id, achievement_id),
    FOREIGN KEY (user_id) REFERENCES Users(user_id),
    FOREIGN KEY (achievement_id) REFERENCES Achievements(achievement_id)
)
```

Table created.

19.APPOINTMENT TABLE:

```
CREATE TABLE Appointment (
    appointment_id NUMBER NOT NULL,
    therapist_id NUMBER NOT NULL,
    session_date DATE NOT NULL,
    session_time TIMESTAMP NOT NULL,
    booking_status VARCHAR2(30) NOT NULL,
    PRIMARY KEY (appointment_id),
    FOREIGN KEY (therapist_id) REFERENCES Therapists(therapist_id)
)

Table created.
```

20.BLOGS:

```
CREATE TABLE Blogs
(
    blog_id NUMBER NOT NULL,
    blog_title VARCHAR2(30) NOT NULL,
    blog_content VARCHAR2(2000) NOT NULL,
    user_id NUMBER NOT NULL,
    PRIMARY KEY (blog_id),
    FOREIGN KEY (user_id) REFERENCES Users(user_id)
)

Table created.
```

21.BLOGCOMMENTS:

```
CREATE TABLE BlogComments
(
    comment_id NUMBER NOT NULL,
    commentContent VARCHAR2(1000) NOT NULL,
    created_at DATE NOT NULL,
    user_id NUMBER NOT NULL,
    blog_id NUMBER NOT NULL,
    PRIMARY KEY (comment_id),
    FOREIGN KEY (user_id) REFERENCES Users(user_id),
    FOREIGN KEY (blog_id) REFERENCES Blogs(blog_id)
)
```

Table created.

SCHEMA OF OUR ORGANIZATION:

ACHIEVEMENTS		ACHIEVEMENTS_EARNED		ADMINS	
Table Status: Valid Created 36 seconds ago		Table Status: Valid Created 30 seconds ago		Table Status: Valid Created 37 seconds ago	
APPOINTMENT		BLOGCOMMENTS		BLOGS	
Table Status: Valid Created 30 seconds ago		Table Status: Valid Created 36 seconds ago		Table Status: Valid Created 36 seconds ago	
DAILY_TASKS		FEEDBACK		FRIENDS	
Table Status: Valid Created 36 seconds ago		Table Status: Valid Created 36 seconds ago		Table Status: Valid Created 35 seconds ago	

FRIEND_REQUESTS		HEALTH_DISORDERS		MESSAGES	
Table Status: Valid Created 34 seconds ago		Table Status: Valid Created 36 seconds ago		Table Status: Valid Created 35 seconds ago	
MOOD_LOGS		NOTES		PETS	
Table Status: Valid Created 37 seconds ago		Table Status: Valid Created 36 seconds ago		Table Status: Valid Created 30 seconds ago	
SESSIONS		SUBSCRIPTIONS		SUBSCRIPTION_DETAILS	
Table Status: Valid Created 36 seconds ago		Table Status: Valid Created 36 seconds ago		Table Status: Valid Created 37 seconds ago	
THERAPISTS		THERAPIST_AVAILABILITY		USERS	
Table Status: Valid Created 36 seconds ago		Table Status: Valid Created 30 seconds ago		Table Status: Valid Created 37 seconds ago	

INSERTION OF RECORDS:

INSERTING RECORDS IN USER TABLE:

```
INSERT INTO Users (user_id, user_name, gender, email, points, age, password) VALUES  
(1, 'Alice Johnson', 'Female', 'alice.johnson@example.com', 100, 25, 'Alice@123')
```

1 row(s) inserted.

```
INSERT INTO Users (user_id, user_name, gender, email, points, age, password) VALUES  
(2, 'Bob Smith', 'Male', 'bob.smith@example.com', 150, 30, 'BobSecure456')
```

1 row(s) inserted.

```
INSERT INTO Users (user_id, user_name, gender, email, points, age, password) VALUES  
(3, 'Charlie Brown', 'Male', 'charlie.brown@example.com', 200, 28, 'CharliePwd789')
```

1 row(s) inserted.

```
INSERT INTO Users (user_id, user_name, gender, email, points, age, password) VALUES  
(7, 'George Harris', 'Male', 'george.harris@example.com', 180, 29, 'George@2021')
```

1 row(s) inserted.

```
INSERT INTO Users (user_id, user_name, gender, email, points, age, password) VALUES  
(8, 'Hannah Lewis', 'Female', 'hannah.lewis@example.com', 140, 24, 'HannahPwd123')
```

1 row(s) inserted.

```
INSERT INTO Users (user_id, user_name, gender, email, points, age, password) VALUES  
(9, 'Ian Walker', 'Male', 'ian.walker@example.com', 160, 32, 'IanWalker890')
```

1 row(s) inserted.

```
INSERT INTO Users (user_id, user_name, gender, email, points, age, password) VALUES  
(4, 'Daisy Miller', 'Female', 'daisy.miller@example.com', 120, 22, 'DaisyFlower01')
```

```
1 row(s) inserted.
```

```
INSERT INTO Users (user_id, user_name, gender, email, points, age, password) VALUES  
(5, 'Ethan Davis', 'Male', 'ethan.davis@example.com', 170, 35, 'Ethan$2020')
```

```
1 row(s) inserted.
```

```
INSERT INTO Users (user_id, user_name, gender, email, points, age, password) VALUES  
(6, 'Fiona Green', 'Female', 'fiona.green@example.com', 130, 27, 'Fiona!567')
```

```
1 row(s) inserted.
```

```
INSERT INTO Users (user_id, user_name, gender, email, points, age, password) VALUES  
(10, 'Julia Adams', 'Female', 'julia.adams@example.com', 110, 26, 'JuliaPass456')
```

```
1 row(s) inserted.
```

```
INSERT INTO Users (user_id, user_name, gender, email, points, age, password) VALUES  
(11, 'Kevin Baker', 'Male', 'kevin.baker@example.com', 190, 31, 'KevinSecure11')
```

```
1 row(s) inserted.
```

```
INSERT INTO Users (user_id, user_name, gender, email, points, age, password) VALUES  
(12, 'Laura Scott', 'Female', 'laura.scott@example.com', 150, 23, 'Laura@789')
```

```
1 row(s) inserted.
```

```
INSERT INTO Users (user_id, user_name, gender, email, points, age, password) VALUES  
(13, 'Mike Turner', 'Male', 'mike.turner@example.com', 200, 33, 'MikeTurner$1')
```

```
1 row(s) inserted.
```

```
INSERT INTO Users (user_id, user_name, gender, email, points, age, password) VALUES  
(14, 'Nina Roberts', 'Female', 'nina.roberts@example.com', 170, 28, 'NinaRoberts123')
```

```
1 row(s) inserted.
```

```
INSERT INTO Users (user_id, user_name, gender, email, points, age, password) VALUES  
(15, 'Oscar King', 'Male', 'oscar.king@example.com', 130, 34, 'OscarKing2021')
```

```
1 row(s) inserted.
```

USER TABLE:

USER_ID	USER_NAME	GENDER	EMAIL	POINTS	AGE	PASSWORD
1	Alice Johnson	Female	alice.johnson@example.com	100	25	Alice@123
2	Bob Smith	Male	bob.smith@example.com	150	30	BobSecure456
3	Charlie Brown	Male	charlie.brown@example.com	200	28	CharliePwd789
4	Daisy Miller	Female	daisy.miller@example.com	120	22	DaisyFlower01
5	Ethan Davis	Male	ethan.davis@example.com	170	35	Ethan\$2020
6	Fiona Green	Female	fiona.green@example.com	130	27	Fiona!567
7	George Harris	Male	george.harris@example.com	180	29	George@2021
8	Hannah Lewis	Female	hannah.lewis@example.com	140	24	HannahPwd123
9	Ian Walker	Male	ian.walker@example.com	160	32	IanWalker890

10	Julia Adams	Female	julia.adams@example.com	110	26	JuliaPass456
11	Kevin Baker	Male	kevin.baker@example.com	190	31	KevinSecure!
12	Laura Scott	Female	laura.scott@example.com	150	23	Laura@789
13	Mike Turner	Male	mike.turner@example.com	200	33	MikeTurner\$1
14	Nina Roberts	Female	nina.roberts@example.com	170	28	NinaRoberts123
15	Oscar King	Male	oscar.king@example.com	130	34	OscarKing2021

INSERTING RECORDS IN ADMIN TABLE:

```
INSERT INTO Admins (admin_id, admin_password, admin_email) VALUES (62, 'Faria Shahid', 'faria@gmail.com')
```

1 row(s) inserted.

```
INSERT INTO Admins (admin_id, admin_password, admin_email) VALUES (66, 'Hamdia Nouman', 'hamdia@gmail.com')
```

1 row(s) inserted.

```
INSERT INTO Admins (admin_id, admin_password, admin_email) VALUES (69, 'Nadeeyah Jamil', 'nadeeyah@gmail.com')
```

1 row(s) inserted.

```
INSERT INTO Admins (admin_id, admin_password, admin_email) VALUES (61, 'Laibah Shahid', 'laibah@gmail.com')
```

1 row(s) inserted.

ADMIN TABLE:

ADMIN_ID	ADMIN_PASSWORD	ADMIN_EMAIL
62	Faria Shahid	faria@gmail.com
66	Hamdia Nouman	hamdia@gmail.com
69	Nadeeyah Jamil	nadeeyah@gmail.com
61	Laibah Shahid	laibah@gmail.com

INSERTING RECORDS INTO PET TABLE:

```

INSERT ALL
INTO Pets (pet_name, pet_type, health_percentage, hunger_percentage, happiness_percentage, user_id)
VALUES ('Fluffy', 'Cat', 90, 80, 95, 1)
INTO Pets (pet_name, pet_type, health_percentage, hunger_percentage, happiness_percentage, user_id)
VALUES ('Rex', 'Dog', 85, 70, 90, 2)
INTO Pets (pet_name, pet_type, health_percentage, hunger_percentage, happiness_percentage, user_id)
VALUES ('Whiskers', 'Cat', 95, 85, 98, 3)
INTO Pets (pet_name, pet_type, health_percentage, hunger_percentage, happiness_percentage, user_id)
VALUES ('Spot', 'Dog', 88, 75, 92, 4)
INTO Pets (pet_name, pet_type, health_percentage, hunger_percentage, happiness_percentage, user_id)
VALUES ('Bubbles', 'Fish', 92, 60, 85, 5)
INTO Pets (pet_name, pet_type, health_percentage, hunger_percentage, happiness_percentage, user_id)
VALUES ('Sunny', 'Parrot', 90, 70, 88, 6)
INTO Pets (pet_name, pet_type, health_percentage, hunger_percentage, happiness_percentage, user_id)
VALUES ('Max', 'Dog', 89, 72, 91, 7)
INTO Pets (pet_name, pet_type, health_percentage, hunger_percentage, happiness_percentage, user_id)
VALUES ('Max', 'Dog', 89, 72, 91, 7)
INTO Pets (pet_name, pet_type, health_percentage, hunger_percentage, happiness_percentage, user_id)
VALUES ('Mittens', 'Cat', 93, 82, 96, 8)
INTO Pets (pet_name, pet_type, health_percentage, hunger_percentage, happiness_percentage, user_id)
VALUES ('Buddy', 'Dog', 86, 78, 93, 9)
INTO Pets (pet_name, pet_type, health_percentage, hunger_percentage, happiness_percentage, user_id)
VALUES ('Ginger', 'Cat', 91, 83, 97, 10)
INTO Pets (pet_name, pet_type, health_percentage, hunger_percentage, happiness_percentage, user_id)
VALUES ('Rocky', 'Hamster', 94, 65, 89, 11)
INTO Pets (pet_name, pet_type, health_percentage, hunger_percentage, happiness_percentage, user_id)
VALUES ('Charlie', 'Dog', 87, 77, 94, 12)
INTO Pets (pet_name, pet_type, health_percentage, hunger_percentage, happiness_percentage, user_id)
VALUES ('Oliver', 'Cat', 92, 84, 98, 13)
INTO Pets (pet_name, pet_type, health_percentage, hunger_percentage, happiness_percentage, user_id)
VALUES ('Lucky', 'Dog', 88, 76, 92, 14)
INTO Pets (pet_name, pet_type, health_percentage, hunger_percentage, happiness_percentage, user_id)
VALUES ('Oreo', 'Cat', 90, 81, 95, 15)

```

PET TABLE:

PET_NAME	PET_TYPE	HEALTH_PERCENTAGE	HUNGER_PERCENTAGE	HAPPINESS_PERCENTAGE	USER_ID
Fluffy	Cat	90	80	95	1
Rex	Dog	85	70	90	2
Whiskers	Cat	95	85	98	3
Spot	Dog	88	75	92	4
Bubbles	Fish	92	60	85	5
Sunny	Parrot	90	70	88	6
Max	Dog	89	72	91	7
Mittens	Cat	93	82	96	8
Buddy	Dog	86	78	93	9
Ginger	Cat	91	83	97	10
Rocky	Hamster	94	65	89	11
Charlie	Dog	87	77	94	12
Oliver	Cat	92	84	98	13
Lucky	Dog	88	76	92	14
Oreo	Cat	90	81	95	15

INSERTION OF RECORDS IN MOOD_LOGS TABLE:

```
INSERT ALL
INTO Mood_Logs (mood, mood_id, day, month, year, user_id) VALUES ('Happy', 1, 25, 6, 2024, 1)
INTO Mood_Logs (mood, mood_id, day, month, year, user_id) VALUES ('Sad', 2, 26, 6, 2024, 2)
INTO Mood_Logs (mood, mood_id, day, month, year, user_id) VALUES ('Excited', 3, 27, 6, 2024, 3)
INTO Mood_Logs (mood, mood_id, day, month, year, user_id) VALUES ('Content', 4, 28, 6, 2024, 4)
INTO Mood_Logs (mood, mood_id, day, month, year, user_id) VALUES ('Joyful', 5, 29, 6, 2024, 5)
INTO Mood_Logs (mood, mood_id, day, month, year, user_id) VALUES ('Stressed', 6, 30, 6, 2024, 6)
INTO Mood_Logs (mood, mood_id, day, month, year, user_id) VALUES ('Relaxed', 7, 1, 7, 2024, 7)
INTO Mood_Logs (mood, mood_id, day, month, year, user_id) VALUES ('Anxious', 8, 2, 7, 2024, 8)
INTO Mood_Logs (mood, mood_id, day, month, year, user_id) VALUES ('Angry', 9, 3, 7, 2024, 9)
INTO Mood_Logs (mood, mood_id, day, month, year, user_id) VALUES ('Optimistic', 10, 4, 7, 2024, 10)
INTO Mood_Logs (mood, mood_id, day, month, year, user_id) VALUES ('Calm', 11, 5, 7, 2024, 11)
INTO Mood_Logs (mood, mood_id, day, month, year, user_id) VALUES ('Melancholy', 12, 6, 7, 2024, 12)
INTO Mood_Logs (mood, mood_id, day, month, year, user_id) VALUES ('Energetic', 13, 7, 7, 2024, 13)
INTO Mood_Logs (mood, mood_id, day, month, year, user_id) VALUES ('Bored', 14, 8, 7, 2024, 14)
INTO Mood_Logs (mood, mood_id, day, month, year, user_id) VALUES ('Grateful', 15, 9, 7, 2024, 15)
SELECT 1 FROM dual
```

15 row(s) inserted.

MOOD_LOGS TABLE:

MOOD	MOOD_ID	DAY	MONTH	YEAR	USER_ID
Happy	1	25	6	2024	1
Sad	2	26	6	2024	2
Excited	3	27	6	2024	3
Content	4	28	6	2024	4
Joyful	5	29	6	2024	5
Stressed	6	30	6	2024	6
Relaxed	7	1	7	2024	7
Anxious	8	2	7	2024	8
Angry	9	3	7	2024	9
Optimistic	10	4	7	2024	10

	Calm	11	5	7	2024	11
	Melancholy	12	6	7	2024	12
	Energetic	13	7	7	2024	13
	Bored	14	8	7	2024	14
	Grateful	15	9	7	2024	15

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15 rows selected.

INSERTION INTO NOTES TABLE:

```
INSERT INTO Notes (note_id, user_id, content, title, created_at, updated_at) VALUES
(1, 1, 'This is Alice''s first note.', 'First Note', TO_DATE('2024-06-25', 'YYYY-MM-DD'), TO_DATE('2024-06-25', 'YYYY-MM-DD'))

1 row(s) inserted.

INSERT INTO Notes (note_id, user_id, content, title, created_at, updated_at) VALUES
(2, 2, 'Bob''s important reminder.', 'Reminder', TO_DATE('2024-06-26', 'YYYY-MM-DD'), TO_DATE('2024-06-26', 'YYYY-MM-DD'))

1 row(s) inserted.

INSERT INTO Notes (note_id, user_id, content, title, created_at, updated_at) VALUES
(3, 1, 'This is Alice''s second note.', 'Second Note', TO_DATE('2024-06-27', 'YYYY-MM-DD'), TO_DATE('2024-06-27', 'YYYY-MM-DD'))

INSERT INTO Notes (note_id, user_id, content, title, created_at, updated_at) VALUES
(5, 5, 'Ethan''s brainstorming ideas.', 'Ideas', TO_DATE('2024-06-29', 'YYYY-MM-DD'), TO_DATE('2024-06-29', 'YYYY-MM-DD'))

1 row(s) inserted.

INSERT INTO Notes (note_id, user_id, content, title, created_at, updated_at) VALUES
(6, 6, 'Fiona''s personal reflections.', 'Reflections', TO_DATE('2024-06-30', 'YYYY-MM-DD'), TO_DATE('2024-06-30', 'YYYY-MM-DD'))

1 row(s) inserted.

INSERT INTO Notes (note_id, user_id, content, title, created_at, updated_at) VALUES
(7, 7, 'George''s meeting notes.', 'Meeting Notes', TO_DATE('2024-07-01', 'YYYY-MM-DD'), TO_DATE('2024-07-01', 'YYYY-MM-DD'))

1 row(s) inserted.
```

```
INSERT INTO Notes (note_id, user_id, content, title, created_at, updated_at) VALUES  
(8, 8, 'Hannah''s project update.', 'Project Update', TO_DATE('2024-07-02', 'YYYY-MM-DD'), TO_DATE('2024-07-02', 'YYYY-MM-DD'))
```

1 row(s) inserted.

```
INSERT INTO Notes (note_id, user_id, content, title, created_at, updated_at) VALUES  
(9, 9, 'Ian''s to-do list.', 'To-Do List', TO_DATE('2024-07-03', 'YYYY-MM-DD'), TO_DATE('2024-07-03', 'YYYY-MM-DD'))
```

1 row(s) inserted.

```
INSERT INTO Notes (note_id, user_id, content, title, created_at, updated_at) VALUES  
(10, 10, 'Julia''s recipe collection.', 'Recipes', TO_DATE('2024-07-04', 'YYYY-MM-DD'), TO_DATE('2024-07-04', 'YYYY-MM-DD'))
```

```
INSERT INTO Notes (note_id, user_id, content, title, created_at, updated_at) VALUES  
(11, 11, 'Kevin''s travel plans.', 'Travel Plans', TO_DATE('2024-07-05', 'YYYY-MM-DD'), TO_DATE('2024-07-05', 'YYYY-MM-DD'))
```

1 row(s) inserted.

```
INSERT INTO Notes (note_id, user_id, content, title, created_at, updated_at) VALUES  
(12, 12, 'Laura''s creative ideas.', 'Creative Ideas', TO_DATE('2024-07-06', 'YYYY-MM-DD'), TO_DATE('2024-07-06', 'YYYY-MM-DD'))
```

1 row(s) inserted.

```
INSERT INTO Notes (note_id, user_id, content, title, created_at, updated_at) VALUES  
(13, 13, 'Mike''s project notes.', 'Project Notes', TO_DATE('2024-07-07', 'YYYY-MM-DD'), TO_DATE('2024-07-07', 'YYYY-MM-DD'))
```

1 row(s) inserted.

```
INSERT INTO Notes (note_id, user_id, content, title, created_at, updated_at) VALUES  
(14, 14, 'Nina''s book recommendations.', 'Book Recommendations', TO_DATE('2024-07-08', 'YYYY-MM-DD'), TO_DATE('2024-07-08', 'YYYY-MM-DD'))
```

1 row(s) inserted.

```
INSERT INTO Notes (note_id, user_id, content, title, created_at, updated_at) VALUES  
(15, 15, 'Oscar''s daily reflections.', 'Daily Reflections', TO_DATE('2024-07-09', 'YYYY-MM-DD'), TO_DATE('2024-07-09', 'YYYY-MM-DD'))
```

1 row(s) inserted.

NOTES TABLE:

CONTENT	TITLE	CREATED_AT	UPDATED_AT	NOTE_ID	USER_ID
This is Alice's first note.	First Note	25-JUN-24	25-JUN-24	1	1
Bob's important reminder.	Reminder	26-JUN-24	26-JUN-24	2	2
This is Alice's second note.	Second Note	27-JUN-24	27-JUN-24	3	1
Ethan's brainstorming ideas.	Ideas	29-JUN-24	29-JUN-24	5	5
Fiona's personal reflections.	Reflections	30-JUN-24	30-JUN-24	6	6
George's meeting notes.	Meeting Notes	01-JUL-24	01-JUL-24	7	7
Hannah's project update.	Project Update	02-JUL-24	02-JUL-24	8	8
Ian's to-do list.	To-Do List	03-JUL-24	03-JUL-24	9	9
Julia's recipe collection.	Recipes	04-JUL-24	04-JUL-24	10	10
Kevin's travel plans.	Travel Plans	05-JUL-24	05-JUL-24	11	11
Laura's creative ideas.	Creative Ideas	06-JUL-24	06-JUL-24	12	12
Mike's project notes.	Project Notes	07-JUL-24	07-JUL-24	13	13
Nina's book recommendations.	Book Recommendations	08-JUL-24	08-JUL-24	14	14
Oscar's daily reflections.	Daily Reflections	09-JUL-24	09-JUL-24	15	15

Activity
Go to

INSERTION IN SUBSCRIPTION TABLE:

```
INSERT INTO Subscriptions (start_date, end_date, subscription_type_id, user_id)
VALUES (SYSDATE, ADD_MONTHS(SYSDATE, 6), 1, 1)
```

1 row(s) inserted.

```
INSERT INTO Subscriptions (start_date, end_date, subscription_type_id, user_id)
VALUES (SYSDATE, ADD_MONTHS(SYSDATE, 12), 2, 2)
```

1 row(s) inserted.

```
INSERT INTO Subscriptions (start_date, end_date, subscription_type_id, user_id)
VALUES (SYSDATE, ADD_MONTHS(SYSDATE, 24), 3, 3)
```

1 row(s) inserted.

```
INSERT INTO Subscriptions (start_date, end_date, subscription_type_id, user_id)
VALUES (SYSDATE, ADD_MONTHS(SYSDATE, 6), 1, 7)
```

1 row(s) inserted.

```
INSERT INTO Subscriptions (start_date, end_date, subscription_type_id, user_id)
VALUES (SYSDATE, ADD_MONTHS(SYSDATE, 24), 3, 8)
```

1 row(s) inserted.

```
INSERT INTO Subscriptions (start_date, end_date, subscription_type_id, user_id)
VALUES (SYSDATE, ADD_MONTHS(SYSDATE, 12), 2, 9)
```

1 row(s) inserted.

```
INSERT INTO Subscriptions (start_date, end_date, subscription_type_id, user_id)
VALUES (SYSDATE, ADD_MONTHS(SYSDATE, 6), 1, 4)
```

```
1 row(s) inserted.
```

```
INSERT INTO Subscriptions (start_date, end_date, subscription_type_id, user_id)
VALUES (SYSDATE, ADD_MONTHS(SYSDATE, 24), 3, 5)
```

```
1 row(s) inserted.
```

```
INSERT INTO Subscriptions (start_date, end_date, subscription_type_id, user_id)
VALUES (SYSDATE, ADD_MONTHS(SYSDATE, 12), 2, 6)
```

```
1 row(s) inserted.
```

```
INSERT INTO Subscriptions (start_date, end_date, subscription_type_id, user_id)
VALUES (SYSDATE, ADD_MONTHS(SYSDATE, 1), 1, 11)
```

```
1 row(s) inserted.
```

```
INSERT INTO Subscriptions (start_date, end_date, subscription_type_id, user_id)
VALUES (SYSDATE, ADD_MONTHS(SYSDATE, 2), 3, 15)
```

```
1 row(s) inserted.
```

SUBSCRIPTION TABLE:

START_DATE	END_DATE	SUBSCRIPTION_TYPE_ID	USER_ID
29-JUN-24	29-DEC-24	1	1
29-JUN-24	29-JUN-25	2	2
29-JUN-24	29-JUN-26	3	3
29-JUN-24	29-DEC-24	1	4
29-JUN-24	29-JUN-26	3	5
29-JUN-24	29-JUN-25	2	6
29-JUN-24	29-DEC-24	1	7
29-JUN-24	29-JUN-26	3	8
29-JUN-24	29-JUN-25	2	9
29-JUN-24	29-JUL-24	1	11
29-JUN-24	29-JUN-25	2	9
29-JUN-24	29-JUL-24	1	11
29-JUN-24	29-AUG-24	3	15

INSERTION IN FRIEND_REQUESTS TABLE:

```
Insert into Friend_Requests VALUES (1,1,4,'Pending')
```

```
Insert into Friend_Requests VALUES (5,5,8,'Pending')
```

1 row(s) inserted.

```
Insert into Friend_Requests VALUES (6,8,12,'Pending')
```

```
Insert into Friend_Requests VALUES (7,12,4,'Pending')
```

1 row(s) inserted.

```
Insert into Friend_Requests VALUES (8,13,1,'Pending')
```

1 row(s) inserted.

```
Insert into Friend_Requests VALUES (9,15,1,'Pending')
```

```
Insert into Friend_Requests VALUES (2,1,5,'Pending')
```

1 row(s) inserted.

```
Insert into Friend_Requests VALUES (3,2,3,'Pending')
```

1 row(s) inserted.

```
Insert into Friend_Requests VALUES (4,3,6,'Pending')
```

```
Insert into Friend_Requests VALUES (7,12,4,'Pending')
```

1 row(s) inserted.

```
Insert into Friend_Requests VALUES (8,13,1,'Pending')
```

1 row(s) inserted.

```
Insert into Friend_Requests VALUES (9,15,1,'Pending')
```

```
Insert into Friend_Requests VALUES (10,1,14,'Pending')
```

1 row(s) inserted.

```
Insert into Friend_Requests VALUES (11,10,5,'Pending')
```

1 row(s) inserted.

```
Insert into Friend_Requests VALUES (12,9,14,'Pending')
```

```
Insert into Friend_Requests VALUES (13,2,8,'Pending')
```

1 row(s) inserted.

```
Insert into Friend_Requests VALUES (14,11,3,'Pending')
```

1 row(s) inserted.

```
Insert into Friend_Requests VALUES (15,7,5,'Pending')
```

1 row(s) inserted.

FRIEND_REQUESTS TABLE:

REQUEST_ID	SENDER_ID	RECEIVER_ID	REQUEST_STATUS
1	1	4	Pending
2	1	5	Pending
3	2	3	Pending
4	3	6	Pending
5	5	8	Pending
6	8	12	Pending
7	12	4	Pending
8	13	1	Pending
9	15	1	Pending
10	1	14	Pending
11	10	5	Pending
12	9	14	Pending
13	2	8	Pending
14	11	3	Pending
15	7	5	Pending

INSERTION IN FRIENDS TABLE:

```
INSERT ALL
  INTO Friends (friend_id, user_id) VALUES (2, 1)
  INTO Friends (friend_id, user_id) VALUES (1, 2)
  INTO Friends (friend_id, user_id) VALUES (3, 1)
  INTO Friends (friend_id, user_id) VALUES (1, 3)
  INTO Friends (friend_id, user_id) VALUES (4, 2)
  INTO Friends (friend_id, user_id) VALUES (2, 4)
  INTO Friends (friend_id, user_id) VALUES (5, 3)
  INTO Friends (friend_id, user_id) VALUES (3, 5)
  INTO Friends (friend_id, user_id) VALUES (6, 4)
  INTO Friends (friend_id, user_id) VALUES (4, 6)
  INTO Friends (friend_id, user_id) VALUES (7, 5)
  INTO Friends (friend_id, user_id) VALUES (5, 7)
  INTO Friends (friend_id, user_id) VALUES (8, 6)
  INTO Friends (friend_id, user_id) VALUES (6, 8)
  INTO Friends (friend_id, user_id) VALUES (9, 7)
  INTO Friends (friend_id, user_id) VALUES (7, 9)
  INTO Friends (friend_id, user_id) VALUES (10, 8)
  INTO Friends (friend_id, user_id) VALUES (8, 10)
  INTO Friends (friend_id, user_id) VALUES (11, 9)
  INTO Friends (friend_id, user_id) VALUES (9, 11)
  INTO Friends (friend_id, user_id) VALUES (12, 10)
  INTO Friends (friend_id, user_id) VALUES (10, 12)
  INTO Friends (friend_id, user_id) VALUES (13, 11)
```

```
INTO Friends (friend_id, user_id) VALUES (11, 13)
INTO Friends (friend_id, user_id) VALUES (14, 12)
INTO Friends (friend_id, user_id) VALUES (12, 14)
INTO Friends (friend_id, user_id) VALUES (15, 13)
INTO Friends (friend_id, user_id) VALUES (13, 15)
SELECT 1 FROM dual
```

FRIENDS TABLE:

USER_ID	FRIEND_ID
1	2
1	3
2	1
2	4
3	1
3	5
4	2
4	6
5	3

5	7
6	4
6	8
7	5
7	9
8	6
8	10
9	7
9	11
10	8
10	12
11	9
11	13
12	10
12	14
13	11
13	15
14	12
15	13

INSERTION TO BLOGS TABLE:

```
INSERT INTO Blogs (blog_id, blog_title, blog_content, user_id) VALUES (1, 'Understanding Anxiety', 'Anxiety is a common mental health issue that affects many people. This blog covers the causes, symptoms, and coping strategies for anxiety.')
```

1 row(s) inserted.

```
INSERT INTO Blogs (blog_id, blog_title, blog_content, user_id) VALUES (2, 'Coping with Depression', 'Depression is a serious mental health condition that requires attention and support. This blog provides tips for coping with depression and seeking help.')
```

1 row(s) inserted.

```
INSERT INTO Blogs (blog_id, blog_title, blog_content, user_id) VALUES (3, 'The Importance of Self-Care', 'Self-care is crucial for maintaining good mental health. This blog provides tips for prioritizing self-care and taking care of your physical and emotional well-being.')
```

1 row(s) inserted.

```
INSERT INTO Blogs (blog_id, blog_title, blog_content, user_id) VALUES (4, 'Managing Stress Effectively', 'Stress is a part of life, but it can be managed. This blog covers techniques for managing stress and reducing its negative impact on mental health.')
```

```
INSERT INTO Blogs (blog_id, blog_title, blog_content, user_id) VALUES (5, 'Mindfulness Meditation', 'Mindfulness meditation is a powerful tool for improving mental health. This blog provides an introduction to mindfulness meditation and its benefits.')
```

1 row(s) inserted.

```
INSERT INTO Blogs (blog_id, blog_title, blog_content, user_id) VALUES (7, 'Overcoming Negative Thinking', 'Negative thinking can be detrimental to mental health. This blog discusses the effects of negative thinking and provides tips for overcoming it.')
```

1 row(s) inserted.

```
INSERT INTO Blogs (blog_id, blog_title, blog_content, user_id) VALUES (8, 'Building Resilience', 'Resilience is the ability to bounce back from adversity. This blog provides tips for building resilience and maintaining a positive outlook in the face of challenges.')
```

1 row(s) inserted.

```
INSERT INTO Blogs (blog_id, blog_title, blog_content, user_id) VALUES (9, 'The Benefits of Therapy', 'Therapy can be an effective way to address mental health issues. This blog explores the different types of therapy and their benefits for mental health.')
```

```

INSERT INTO Blogs (blog_id, blog_title, blog_content, user_id) VALUES (10, 'Understanding PTSD', 'Post-Traumatic Stress Disorder (PTSD) is a condition that can develop after a traumatic event. This blog discusses the symptoms and treatment options for PTSD.')
1 row(s) inserted.

INSERT INTO Blogs (blog_id, blog_title, blog_content, user_id) VALUES (11, 'Mental Health and Nutrition', 'Nutrition plays a significant role in mental health. This blog discusses the connection between diet and mental well-being.')
1 row(s) inserted.

INSERT INTO Blogs (blog_id, blog_title, blog_content, user_id) VALUES (12, 'The Power of Positive Thinking', 'Positive thinking can improve mental health and overall well-being.')
1 row(s) inserted.

INSERT INTO Blogs (blog_id, blog_title, blog_content, user_id) VALUES (13, 'Dealing with Grief', 'Grief is a natural response to loss. This blog offers strategies for coping with grief.')
1 row(s) inserted.

INSERT INTO Blogs (blog_id, blog_title, blog_content, user_id) VALUES (15, 'Recognizing Burnout', 'Burnout can have serious consequences for mental health. This blog discusses the signs of burnout and ways to prevent and recover from it.')
1 row(s) inserted.

```

BLOGS TABLE:

BLOG_ID	BLOG_TITLE	BLOG_CONTENT
1	Understanding Anxiety	Anxiety is a common mental health issue that affects many people. This blog explores the causes, symptoms, and treatment options for anxiety.
2	Coping with Depression	Depression is a serious mental health condition that requires attention and care. In this blog, we discuss ways to manage and cope with depression.
3	The Importance of Self-Care	Self-care is crucial for maintaining good mental health. This blog provides tips and strategies for incorporating self-care into your daily routine.
4	Managing Stress Effectively	Stress is a part of life, but it can be managed. This blog covers techniques for managing stress and maintaining mental well-being.
5	Mindfulness Meditation	Mindfulness meditation is a powerful tool for improving mental health. This blog explains how to practice mindfulness and its benefits.
7	Overcoming Negative Thinking	Negative thinking can be detrimental to mental health. This blog discusses ways to challenge and overcome negative thought patterns.
8	Building Resilience	Resilience is the ability to bounce back from adversity. This blog provides tips for building resilience and improving mental strength.
9	The Benefits of Therapy	Therapy can be an effective way to address mental health issues. This blog outlines the different types of therapy and their benefits.
10	Understanding PTSD	Post-Traumatic Stress Disorder (PTSD) is a condition that can develop after a traumatic event. This blog explains the symptoms and treatment options for PTSD.
11	Mental Health and Nutrition	Nutrition plays a significant role in mental health. This blog discusses the connection between diet and mental well-being.
12	The Power of Positive Thinking	Positive thinking can improve mental health and overall well-being. This blog provides tips for cultivating a positive mindset.
13	Dealing with Grief	Grief is a natural response to loss. This blog offers strategies for coping with grief and finding support during difficult times.
15	Recognizing Burnout	Burnout can have serious consequences for mental health. This blog discusses the signs of burnout and ways to prevent and recover from it.

BLOGS COMMENTS:

```
INSERT INTO BlogComments (comment_id, commentContent, created_at, user_id, blog_id) VALUES (1, 'Great insights! This blog really resonated with me.', TO_DATE('2023-06-01', 'YYYY-MM-DD')  
1 row(s) inserted.  
  
INSERT INTO BlogComments (comment_id, commentContent, created_at, user_id, blog_id) VALUES (2, 'I appreciate the practical tips shared here.', TO_DATE('2023-06-02', 'YYYY-MM-DD')  
1 row(s) inserted.  
  
INSERT INTO BlogComments (comment_id, commentContent, created_at, user_id, blog_id) VALUES (3, 'This is a helpful read. It's important to talk about mental health.', TO_DATE('2023-06-03', 'YYYY-MM-DD')  
1 row(s) inserted.  
  
INSERT INTO BlogComments (comment_id, commentContent, created_at, user_id, blog_id) VALUES (4, 'Thank you for addressing such an important topic!', TO_DATE('2023-06-04', 'YYYY-MM-DD')  
INSERT INTO BlogComments (comment_id, commentContent, created_at, user_id, blog_id) VALUES (5, 'I like how practical and easy-to-follow your advice is.', TO_DATE('2023-06-05', 'YYYY-MM-DD')  
1 row(s) inserted.  
  
INSERT INTO BlogComments (comment_id, commentContent, created_at, user_id, blog_id) VALUES (7, 'Interesting perspective. It's good to see different viewpoints.', TO_DATE('2023-06-07', 'YYYY-MM-DD')  
1 row(s) inserted.  
  
INSERT INTO BlogComments (comment_id, commentContent, created_at, user_id, blog_id) VALUES (8, 'The tips on resilience are very motivating!', TO_DATE('2023-06-08', 'YYYY-MM-DD')  
1 row(s) inserted.  
  
INSERT INTO BlogComments (comment_id, commentContent, created_at, user_id, blog_id) VALUES (9, 'Therapy can be life-changing. Thanks for discussing its benefits.', TO_DATE('2023-06-09', 'YYYY-MM-DD')  
INSERT INTO BlogComments (comment_id, commentContent, created_at, user_id, blog_id) VALUES (10, 'Understanding PTSD is crucial. Thanks for shedding light on it.', TO_DATE('2023-06-10', 'YYYY-MM-DD')  
1 row(s) inserted.  
  
INSERT INTO BlogComments (comment_id, commentContent, created_at, user_id, blog_id) VALUES (11, 'While I agree with most points, I think more examples would make this blog even more compelling.', TO_DATE('2023-06-11', 'YYYY-MM-DD')  
1 row(s) inserted.  
  
INSERT INTO BlogComments (comment_id, commentContent, created_at, user_id, blog_id) VALUES (12, 'Good article overall, but I feel it could explore the topic of nutrition in more depth.', TO_DATE('2023-06-12', 'YYYY-MM-DD')  
1 row(s) inserted.  
  
INSERT INTO BlogComments (comment_id, commentContent, created_at, user_id, blog_id) VALUES (13, 'This blog on positive thinking is insightful, though I think it could discuss practical applications more.', TO_DATE('2023-06-13', 'YYYY-MM-DD'))
```

```

INSERT INTO BlogComments (comment_id, commentContent, created_at, user_id, blog_id) VALUES (15, 'While recognizing burnout is crucial, I wish there were more personal anecdotes shared.', '2023-06-15 12:00:00', 15, 1)
1 row(s) inserted.

```

BLOG_COMMENTS TABLE:

COMMENT_ID	COMMENTCONTENT	CREATED_AT	USER_ID	BLOG_ID
1	Great insights! This blog really resonated with me.	01-JUN-23	1	1
2	I appreciate the practical tips shared here.	02-JUN-23	2	2
3	This is a helpful read. It's important to talk about mental health.	03-JUN-23	3	3
4	Thank you for addressing such an important topic!	04-JUN-23	4	4
5	I like how practical and easy-to-follow your advice is.	05-JUN-23	4	5
7	Interesting perspective. It's good to see different viewpoints.	07-JUN-23	7	7
8	The tips on resilience are very motivating!	08-JUN-23	8	8
9	Therapy can be life-changing. Thanks for discussing its benefits.	09-JUN-23	9	9
10	Understanding PTSD is crucial. Thanks for shedding light on it.	10-JUN-23	10	10
11	While I agree with most points, I think more examples would make this blog even better.	11-JUN-23	11	11
12	Good article overall, but I feel it could explore the topic of nutrition in more depth.	12-JUN-23	12	12
13	This blog on positive thinking is insightful, though I think it could discuss practical tips more.	13-JUN-23	13	13
15	While recognizing burnout is crucial, I wish there were more personal anecdotes shared.	15-JUN-23	15	15

INSERTING INTO HEALTH_DISORDERS:

```
INSERT INTO Health_Disorders (title, description, disorder_id, symptoms, causes, treatments, admin_id)
VALUES ('Anxiety Disorder', 'Persistent and excessive worry', 1, 'Restlessness, fatigue', 'Genetics, stress', 'Therapy, medication', 61)
```

1 row(s) inserted.

```
INSERT INTO Health_Disorders (title, description, disorder_id, symptoms, causes, treatments, admin_id)
VALUES ('Depression', 'Persistent sadness and loss of interest', 2, 'Low mood, sleep disturbances', 'Genetics, trauma', 'Counseling, antidepressants', 62)
```

1 row(s) inserted.

```
INSERT INTO Health_Disorders (title, description, disorder_id, symptoms, causes, treatments, admin_id)
VALUES ('Bipolar Disorder', 'Extreme mood swings', 3, 'Mania, depression', 'Genetics, environment', 'Mood stabilizers, therapy', 61)
```

1 row(s) inserted.

```
INSERT INTO Health_Disorders (title, description, disorder_id, symptoms, causes, treatments, admin_id)
VALUES ('Schizophrenia', 'Disordered thinking and hallucinations', 4, 'Hallucinations, delusions', 'Genetics, brain structure', 'Antipsychotic medications, therapy', 66)
```

```
INSERT INTO Health_Disorders (title, description, disorder_id, symptoms, causes, treatments, admin_id)
VALUES ('Obsessive-Compulsive Disorder', 'Obsessions and compulsions', 5, 'Obsessions, compulsions', 'Genetics, environmental triggers', 'Exposure therapy, SSRIs', 61)
```

1 row(s) inserted.

```
INSERT INTO Health_Disorders (title, description, disorder_id, symptoms, causes, treatments, admin_id)
VALUES ('Post-Traumatic Stress Disorder', 'Flashbacks and severe anxiety', 6, 'Flashbacks, nightmares', 'Trauma, stress', 'Cognitive behavioral therapy, medications', 61)
```

1 row(s) inserted.

```
INSERT INTO Health_Disorders (title, description, disorder_id, symptoms, causes, treatments, admin_id)
VALUES ('Eating Disorders', 'Disturbances in eating behavior', 8, 'Binge eating, purging', 'Genetics, societal pressure', 'Nutritional counseling, therapy', 69)
```

1 row(s) inserted.

```
INSERT INTO Health_Disorders (title, description, disorder_id, symptoms, causes, treatments, admin_id)
VALUES ('Insomnia', 'Difficulty falling or staying asleep', 9, 'Difficulty falling asleep, waking up too early', 'Stress, poor sleep habits', 'Sleep hygiene, therapy', 69)
```

```

INSERT INTO Health_Disorders (title, description, disorder_id, symptoms, causes, treatments, admin_id)
VALUES ('Attention-Deficit Hyperactivity Disorder', 'Inattention and hyperactivity', 7, 'Inattention, impulsivity', 'Genetics, environment', 'Stimulant medications, therapy', 6)
<| |>

1 row(s) inserted.

INSERT INTO Health_Disorders (title, description, disorder_id, symptoms, causes, treatments, admin_id)
VALUES ('Borderline Personality Disorder', 'Impulsive behavior and unstable relationships', 11, 'Impulsivity, emotional instability', 'Genetics, childhood trauma', 'Dialectical
<| |>

1 row(s) inserted.

INSERT INTO Health_Disorders (title, description, disorder_id, symptoms, causes, treatments, admin_id)
VALUES ('Autism Spectrum Disorder', 'Social and communication difficulties', 14, 'Social challenges, repetitive behaviors', 'Genetics, prenatal factors', 'Behavioral therapy, etc')
<| |>

1 row(s) inserted.

INSERT INTO Health_Disorders (title, description, disorder_id, symptoms, causes, treatments, admin_id)
VALUES ('Migraine', 'Severe headaches', 15, 'Throbbing pain, sensitivity to light', 'Genetics, triggers', 'Pain relievers, preventive medications', 69)
<| |>

```

HEALTH_DISORDER TABLE:

TITLE	DESCRIPTION	DISORDER_ID	SYMPOMTS	CAUSES
Anxiety Disorder	Persistent and excessive worry	1	Restlessness, fatigue	Genetics, stress
Depression	Persistent sadness and loss of interest	2	Low mood, sleep disturbances	Genetics, trauma
Bipolar Disorder	Extreme mood swings	3	Mania, depression	Genetics, environment
Schizophrenia	Disordered thinking and hallucinations	4	Hallucinations, delusions	Genetics, brain structure
Obsessive-Compulsive Disorder	Obsessions and compulsions	5	Obsessions, compulsions	Genetics, environment
Post-Traumatic Stress Disorder	Flashbacks and severe anxiety	6	Flashbacks, nightmares	Trauma, stress
Eating Disorders	Disturbances in eating behavior	8	Binge eating, purging	Genetics, societal pressure
Insomnia	Difficulty falling or staying asleep	9	Difficulty falling asleep, waking up too early	Stress, poor sleep habits
Panic Disorder	Recurrent and unexpected panic attacks	10	Sweating, chest pain	Genetics, stress
Substance Use Disorders	Addiction to substances	12	Cravings, withdrawal symptoms	Genetics, environment
Alzheimer's Disease	Progressive cognitive decline	13	Memory loss, confusion	Genetics, age
Attention-Deficit Hyperactivity Disorder	Inattention and hyperactivity	7	Inattention, impulsivity	Genetics, environment
Borderline Personality Disorder	Impulsive behavior and unstable relationships	11	Impulsivity, emotional instability	Genetics, childhood trauma

INSERTION TO DAILY_TASK:

```
INSERT INTO Daily_Tasks (dailytask_id, task_description, task_points, task_title, is_completed, user_id)
VALUES (1, 'Complete reading assignment', 10, 'Read Assignment', 'No', 1)
```

1 row(s) inserted.

```
INSERT INTO Daily_Tasks (dailytask_id, task_description, task_points, task_title, is_completed, user_id)
VALUES (2, 'Write a summary of the article', 15, 'Article Summary', 'Yes', 2)
```

1 row(s) inserted.

```
INSERT INTO Daily_Tasks (dailytask_id, task_description, task_points, task_title, is_completed, user_id)
VALUES (3, 'Attend online meeting', 20, 'Meeting Attendance', 'No', 3)
```

1 row(s) inserted.

```
INSERT INTO Daily_Tasks (dailytask_id, task_description, task_points, task_title, is_completed, user_id)
VALUES (4, 'Prepare presentation slides', 25, 'Presentation Prep', 'No', 4)
```

```
INSERT INTO Daily_Tasks (dailytask_id, task_description, task_points, task_title, is_completed, user_id)
VALUES (5, 'Submit project proposal', 30, 'Project Proposal', 'Yes', 5)
```

1 row(s) inserted.

```
INSERT INTO Daily_Tasks (dailytask_id, task_description, task_points, task_title, is_completed, user_id)
VALUES (6, 'Review and edit report', 15, 'Report Editing', 'No', 6)
```

1 row(s) inserted.

```
INSERT INTO Daily_Tasks (dailytask_id, task_description, task_points, task_title, is_completed, user_id)
VALUES (7, 'Complete coding assignment', 20, 'Coding Assignment', 'Yes', 7)
```

1 row(s) inserted.

```
INSERT INTO Daily_Tasks (dailytask_id, task_description, task_points, task_title, is_completed, user_id)
VALUES (8, 'Attend team brainstorming session', 10, 'Brainstorming Session', 'No', 8)
```

```
INSERT INTO Daily_Tasks (dailytask_id, task_description, task_points, task_title, is_completed, user_id)
VALUES (9, 'Prepare weekly progress report', 25, 'Progress Report', 'No', 9)
```

1 row(s) inserted.

```
INSERT INTO Daily_Tasks (dailytask_id, task_description, task_points, task_title, is_completed, user_id)
VALUES (10, 'Research new market trends', 15, 'Market Research', 'Yes', 10)
```

1 row(s) inserted.

```
INSERT INTO Daily_Tasks (dailytask_id, task_description, task_points, task_title, is_completed, user_id)
VALUES (11, 'Update database records', 20, 'Database Update', 'No', 11)
```

1 row(s) inserted.

```
INSERT INTO Daily_Tasks (dailytask_id, task_description, task_points, task_title, is_completed, user_id)
VALUES (12, 'Attend training workshop', 30, 'Training Workshop', 'No', 12)
```

```
INSERT INTO Daily_Tasks (dailytask_id, task_description, task_points, task_title, is_completed, user_id)
VALUES (13, 'Write weekly blog post', 15, 'Blog Post', 'Yes', 13)
```

1 row(s) inserted.

```
INSERT INTO Daily_Tasks (dailytask_id, task_description, task_points, task_title, is_completed, user_id)
VALUES (14, 'Prepare for client meeting', 20, 'Client Meeting Prep', 'No', 14)
```

1 row(s) inserted.

```
INSERT INTO Daily_Tasks (dailytask_id, task_description, task_points, task_title, is_completed, user_id)
VALUES (15, 'Review financial reports', 25, 'Financial Reports', 'No', 15)
```

1 row(s) inserted.

DAILY_TASK TABLE:

DAILYTASK_ID	TASK_DESCRIPTION	TASK_POINTS	TASK_TITLE	IS_COMPLETED	USER_ID
1	Complete reading assignment	10	Read Assignment	No	1
2	Write a summary of the article	15	Article Summary	Yes	2
3	Attend online meeting	20	Meeting Attendance	No	3
4	Prepare presentation slides	25	Presentation Prep	No	4
5	Submit project proposal	30	Project Proposal	Yes	5
6	Review and edit report	15	Report Editing	No	6
7	Complete coding assignment	20	Coding Assignment	Yes	7
8	Attend team brainstorming session	10	Brainstorming Session	No	8

9	Prepare weekly progress report	25	Progress Report	No	9
10	Research new market trends	15	Market Research	Yes	10
11	Update database records	20	Database Update	No	11
12	Attend training workshop	30	Training Workshop	No	12
13	Write weekly blog post	15	Blog Post	Yes	13
14	Prepare for client meeting	20	Client Meeting Prep	No	14
15	Review financial reports	25	Financial Reports	No	15

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15 rows selected.

INSERTION TO FEEDBACK TABLE:

```
INSERT INTO Feedback (review, feedback_id, feedback_date, rating, user_id)
VALUES ('Great app! Very helpful for managing stress.', 1, TO_DATE('2024-06-27', 'YYYY-MM-DD'), 5, 1)
```

1 row(s) inserted.

```
INSERT INTO Feedback (review, feedback_id, feedback_date, rating, user_id)
VALUES ('Needs more features, but good start.', 2, TO_DATE('2024-06-25', 'YYYY-MM-DD'), 3, 2)
```

1 row(s) inserted.

```
INSERT INTO Feedback (review, feedback_id, feedback_date, rating, user_id)
VALUES ('User interface could be improved.', 3, TO_DATE('2024-06-26', 'YYYY-MM-DD'), 3, 3)
```

1 row(s) inserted.

```
INSERT INTO Feedback (review, feedback_id, feedback_date, rating, user_id)
VALUES ('Excellent support team!', 4, TO_DATE('2024-06-24', 'YYYY-MM-DD'), 4, 4)
```

```
INSERT INTO Feedback (review, feedback_id, feedback_date, rating, user_id)
VALUES ('Great app! Very helpful for managing stress.', 1, TO_DATE('2024-06-27', 'YYYY-MM-DD'), 5, 1)
```

1 row(s) inserted.

```
INSERT INTO Feedback (review, feedback_id, feedback_date, rating, user_id)
VALUES ('Needs more features, but good start.', 2, TO_DATE('2024-06-25', 'YYYY-MM-DD'), 3, 2)
```

1 row(s) inserted.

```
INSERT INTO Feedback (review, feedback_id, feedback_date, rating, user_id)
VALUES ('User interface could be improved.', 3, TO_DATE('2024-06-26', 'YYYY-MM-DD'), 3, 3)
```

1 row(s) inserted.

```
INSERT INTO Feedback (review, feedback_id, feedback_date, rating, user_id)
VALUES ('Excellent support team!', 4, TO_DATE('2024-06-24', 'YYYY-MM-DD'), 4, 4)
```

```
INSERT INTO Feedback (review, feedback_id, feedback_date, rating, user_id)
VALUES ('Helped me manage anxiety better.', 5, TO_DATE('2024-06-23', 'YYYY-MM-DD'), 4, 5)
```

1 row(s) inserted.

```
INSERT INTO Feedback (review, feedback_id, feedback_date, rating, user_id)
VALUES ('Could use more guided meditation options.', 6, TO_DATE('2024-06-22', 'YYYY-MM-DD'), 3, 6)
```

1 row(s) inserted.

```
INSERT INTO Feedback (review, feedback_id, feedback_date, rating, user_id)
VALUES ('Really like the journaling feature.', 7, TO_DATE('2024-06-21', 'YYYY-MM-DD'), 4, 7)
```

1 row(s) inserted.

```
INSERT INTO Feedback (review, feedback_id, feedback_date, rating, user_id)
VALUES ('Could track sleep patterns better.', 8, TO_DATE('2024-06-20', 'YYYY-MM-DD'), 3, 8)
```

```

INSERT INTO Feedback (review, feedback_id, feedback_date, rating, user_id)
VALUES ('Helped me improve my sleep schedule.', 13, TO_DATE('2024-06-15', 'YYYY-MM-DD'), 4, 13)

1 row(s) inserted.

INSERT INTO Feedback (review, feedback_id, feedback_date, rating, user_id)
VALUES ('Needs more information on nutrition.', 14, TO_DATE('2024-06-14', 'YYYY-MM-DD'), 3, 14)

1 row(s) inserted.

INSERT INTO Feedback (review, feedback_id, feedback_date, rating, user_id)
VALUES ('Great app overall, recommend to friends.', 15, TO_DATE('2024-06-13', 'YYYY-MM-DD'), 5, 15)

```

FEEDBACK TABLE:

REVIEW	FEEDBACK_ID	FEEDBACK_DATE	RATING	USER_ID
Great app! Very helpful for managing stress.	1	27-JUN-24	5	1
Needs more features, but good start.	2	25-JUN-24	3	2
User interface could be improved.	3	26-JUN-24	3	3
Excellent support team!	4	24-JUN-24	4	4
Helped me manage anxiety better.	5	23-JUN-24	4	5
Could use more guided meditation options.	6	22-JUN-24	3	6
Really like the journaling feature.	7	21-JUN-24	4	7
Could track sleep patterns better.	8	20-JUN-24	3	8
Useful tips on managing stress at work.	9	19-JUN-24	4	9
Loving the daily check-ins.	10	18-JUN-24	5	10
Could be more interactive.	11	17-JUN-24	3	11
App crashes occasionally.	12	16-JUN-24	2	12
Helped me improve my sleep schedule.	13	15-JUN-24	4	13
Needs more information on nutrition.	14	14-JUN-24	3	14
Great app overall, recommend to friends.	15	13-JUN-24	5	15

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15 rows selected.

INSERTION TO ACHIEVEMENTS TABLE:

```
INSERT INTO ACHIEVEMENTS (
    ACHIEVEMENT_TITLE,
    ACHIEVEMENT_DESCRIPTION,
    ACHIEVEMENT_ID,
    ACHIEVEMENT_POINTS
) VALUES
('Social Butterfly', 'Send 10 messages to friends in a week.', 6, 50)
```

1 row(s) inserted.

```
INSERT INTO ACHIEVEMENTS (
    ACHIEVEMENT_TITLE,
    ACHIEVEMENT_DESCRIPTION,
    ACHIEVEMENT_ID,
    ACHIEVEMENT_POINTS
) VALUES
('Friend Finder', 'Accept 5 friend requests in a week.', 7, 50)
```

1 row(s) inserted.

```
INSERT INTO ACHIEVEMENTS (
    ACHIEVEMENT_TITLE,
    ACHIEVEMENT_DESCRIPTION,
    ACHIEVEMENT_ID,
    ACHIEVEMENT_POINTS
) VALUES
('Team Player', 'Leave positive comments on 3 blog posts in a week.', 8, 50)
```

1 row(s) inserted.

```
INSERT INTO ACHIEVEMENTS (
    ACHIEVEMENT_TITLE,
    ACHIEVEMENT_DESCRIPTION,
    ACHIEVEMENT_ID,
    ACHIEVEMENT_POINTS
) VALUES
('Productivity Streak', 'Complete at least one daily task for 7 days in a row.', 1, 50)
```

1 row(s) inserted.

```
INSERT INTO ACHIEVEMENTS (
    ACHIEVEMENT_TITLE,
    ACHIEVEMENT_DESCRIPTION,
    ACHIEVEMENT_ID,
    ACHIEVEMENT_POINTS
) VALUES
('Goal Crusher', 'Complete 10 daily tasks in a single day.', 2, 100)
```

```
INSERT INTO ACHIEVEMENTS (
    ACHIEVEMENT_TITLE,
    ACHIEVEMENT_DESCRIPTION,
    ACHIEVEMENT_ID,
    ACHIEVEMENT_POINTS
) VALUES
('Mindful Tracker', 'Log your mood for 7 days in a row.', 3, 50)

1 row(s) inserted.

INSERT INTO ACHIEVEMENTS (
    ACHIEVEMENT_TITLE,
    ACHIEVEMENT_DESCRIPTION,
    ACHIEVEMENT_ID,
    ACHIEVEMENT_POINTS
) VALUES
('Mood Climber', 'Improve your average mood score over a week.', 4, 75)

1 row(s) inserted.

INSERT INTO ACHIEVEMENTS (
    ACHIEVEMENT_TITLE,
    ACHIEVEMENT_DESCRIPTION,
    ACHIEVEMENT_ID,
    ACHIEVEMENT_POINTS
) VALUES
('Emotional Balance', 'Log a balanced range of moods (happy, sad, neutral etc.) for 5 days in a row.', 5, 75)

INSERT INTO ACHIEVEMENTS (
    ACHIEVEMENT_TITLE,
    ACHIEVEMENT_DESCRIPTION,
    ACHIEVEMENT_ID,
    ACHIEVEMENT_POINTS
) VALUES
('Appointment Keeper', 'Book 2 therapy sessions.', 12, 50)

1 row(s) inserted.

INSERT INTO ACHIEVEMENTS (
    ACHIEVEMENT_TITLE,
    ACHIEVEMENT_DESCRIPTION,
    ACHIEVEMENT_ID,
    ACHIEVEMENT_POINTS
) VALUES
('Long-Term Commitment', 'Subscribe to a mental health service for 1 month.', 13, 100)
```

ACHIEVEMENTS TABLE:

ACHIEVEMENT_TITLE	ACHIEVEMENT_DESCRIPTION	ACHIEVEMENT_ID	ACHIEVEMENT_POINTS
Productivity Streak	Complete at least one daily task for 7 days in a row.	1	50
Goal Crusher	Complete 10 daily tasks in a single day.	2	100
Mindful Tracker	Log your mood for 7 days in a row.	3	50
Mood Climber	Improve your average mood score over a week.	4	75
Emotional Balance	Log a balanced range of moods (happy, sad, neutral etc.) for 5 days in a row.	5	75
Social Butterfly	Send 10 messages to friends in a week.	6	50
Friend Finder	Accept 5 friend requests in a week.	7	50
Team Player	Leave positive comments on 3 blog posts in a week.	8	50
Storyteller	Write and publish 3 blog posts.	9	100
Noteworthy	Write 10 notes.	10	50
Well Read	Read 3 articles on health disorders.	11	50
Appointment Keeper	Book 2 therapy sessions.	12	50
Long-Term Commitment	Subscribe to a mental health service for 1 month.	13	100

INSERTION TO ACHIEVEMENTS_EARNED TABLE:

```
INSERT INTO ACHIEVEMENTS_EARNED (
    USER_ID,
    ACHIEVEMENT_ID
) VALUES
(1, 1)
```

1 row(s) inserted.

```
INSERT INTO ACHIEVEMENTS_EARNED (
    USER_ID,
    ACHIEVEMENT_ID
) VALUES
(1, 2)
```

1 row(s) inserted.

```
INSERT INTO ACHIEVEMENTS_EARNED (
    USER_ID,
    ACHIEVEMENT_ID
) VALUES
(1, 3)
```

1 row(s) inserted.

```
INSERT INTO ACHIEVEMENTS_EARNED (
    USER_ID,
    ACHIEVEMENT_ID
) VALUES
(2, 1)
```

1 row(s) inserted.

```
INSERT INTO ACHIEVEMENTS_EARNED (
    USER_ID,
    ACHIEVEMENT_ID
) VALUES
(2, 4)
```

1 row(s) inserted.

```
INSERT INTO ACHIEVEMENTS_EARNED (
    USER_ID,
    ACHIEVEMENT_ID
) VALUES
(2, 5)

1 row(s) inserted.

INSERT INTO ACHIEVEMENTS_EARNED (
    USER_ID,
    ACHIEVEMENT_ID
) VALUES
(3, 2)

1 row(s) inserted.

INSERT INTO ACHIEVEMENTS_EARNED (
    USER_ID,
    ACHIEVEMENT_ID
) VALUES
(3, 6)

1 row(s) inserted.

INSERT INTO ACHIEVEMENTS_EARNED (
    USER_ID,
    ACHIEVEMENT_ID
) VALUES
(3, 7)

1 row(s) inserted.

INSERT INTO ACHIEVEMENTS_EARNED (
    USER_ID,
    ACHIEVEMENT_ID
) VALUES
(4, 1)

1 row(s) inserted.
```

```
INSERT INTO ACHIEVEMENTS_EARNED (
    USER_ID,
    ACHIEVEMENT_ID
) VALUES
(4, 8)
```

1 row(s) inserted.

```
INSERT INTO ACHIEVEMENTS_EARNED (
    USER_ID,
    ACHIEVEMENT_ID
) VALUES
(4, 9)
```

1 row(s) inserted.

```
INSERT INTO ACHIEVEMENTS_EARNED (
    USER_ID,
    ACHIEVEMENT_ID
) VALUES
(5, 3)
```

1 row(s) inserted.

```
INSERT INTO ACHIEVEMENTS_EARNED (
    USER_ID,
    ACHIEVEMENT_ID
) VALUES
(5, 10)
```

1 row(s) inserted.

```
INSERT INTO ACHIEVEMENTS_EARNED (
    USER_ID,
    ACHIEVEMENT_ID
) VALUES
(5, 11)
```

1 row(s) inserted.

ACHIEVEMENTS_EARNED TABLE:

USER_ID	ACHIEVEMENT_ID
1	1
1	2
1	3
2	1
2	4
2	5
3	2
3	6
3	7
4	1
4	8
4	9
5	3
5	10
5	11

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15 rows selected.

USER PRIVILEGES AND ROLES:

ROLES DESCRIPTION:

ADMIN ROLE:

This role represents the system administrator who has full administrative privileges over all aspects of the system

PRIVILEGES:

- Granted all privileges on administrative table(admin)
- Full access privileges on every table in database.

BASIC USER ROLE:

This role describes the basic user who has selective privileges over all aspects of system.

PRIVILEGES:

- Granted complete privileges over **notes, feedback , blogs, blog comments, mood logs** tables.
- Granted view privileges over **subscription details, pets, users, health disorders, daily tasks, achievements, achievements_earned** tables
- Granted view , write and delete privileges on **messages and friend requests** tables.
- Granted only view and delete privileges on **friends** table.

PREMIUM USER ROLE:

This role describes the premium user who has bought subscription and has some additional privileges over all aspects of system.

PRIVILEGES:

- Granted same privileges as the basic user with addition of view privileges on **subscriptions, therapists, therapist_availability, appointment and sessions** tables

CODE OF ROLES AND PRIVELEGES:

```
GRANT basicUser TO premiumUser;

GRANT SELECT ON Subscriptions TO premiumUser;
GRANT SELECT ON Therapists TO premiumUser;
GRANT SELECT ON Therapist_Availability TO premiumUser;
GRANT SELECT ON Appointment TO premiumUser;
GRANT SELECT ON Sessions TO premiumUser;
```

```
GRANT ALL PRIVILEGES ON Subscription_Details TO admin;
GRANT ALL PRIVILEGES ON Pets TO admin;
GRANT ALL PRIVILEGES ON Users TO admin;
GRANT ALL PRIVILEGES ON Health_Disorders TO admin;
GRANT ALL PRIVILEGES ON Daily_Tasks TO admin;
GRANT ALL PRIVILEGES ON Achievements TO admin;
GRANT ALL PRIVILEGES ON Achievements_Earned TO admin;
GRANT ALL PRIVILEGES ON Notes TO admin;
GRANT ALL PRIVILEGES ON Blogs TO admin;
GRANT ALL PRIVILEGES ON BlogComments TO admin;
GRANT ALL PRIVILEGES ON Mood_Logs TO admin;
GRANT ALL PRIVILEGES ON Messages TO admin;
GRANT ALL PRIVILEGES ON Friend_Requests TO admin;
GRANT ALL PRIVILEGES ON Friends TO admin;
```

```
GRANT ALL PRIVILEGES ON Subscriptions TO admin;
GRANT ALL PRIVILEGES ON Therapists TO admin;
GRANT ALL PRIVILEGES ON Therapist_Availability TO admin;
GRANT ALL PRIVILEGES ON Appointment TO admin;
GRANT ALL PRIVILEGES ON Sessions TO admin;
GRANT ALL PRIVILEGES ON feedback TO admin;
GRANT ALL PRIVILEGES ON Admins TO admin;
```

```
GRANT SELECT ON Subscription_Details TO basicUser;
GRANT SELECT ON Pets TO basicUser;
GRANT SELECT ON Users TO basicUser;
GRANT SELECT ON Health_Disorders TO basicUser;
GRANT SELECT ON Daily_Tasks TO basicUser;
GRANT SELECT ON Achievements TO basicUser;
GRANT SELECT ON Achievements_Earned TO basicUser;
GRANT SELECT, INSERT, UPDATE, DELETE ON Notes TO basicUser;
GRANT SELECT, INSERT, UPDATE, DELETE ON Feedback TO basicUser;
GRANT SELECT, INSERT, UPDATE, DELETE ON Blogs TO basicUser;
GRANT SELECT, INSERT, UPDATE, DELETE ON BlogComments TO basicUser;
GRANT SELECT, INSERT, UPDATE, DELETE ON Mood_Logs TO basicUser;
GRANT SELECT, INSERT, DELETE ON Messages TO basicUser;
GRANT SELECT, INSERT, DELETE ON Friend_Requests TO basicUser;
GRANT SELECT, DELETE ON Friends TO basicUser;
```

```
CREATE ROLE basicUser;

CREATE ROLE premiumUser;

CREATE ROLE admin;
```

QUERIES:

SELECT :

* Select all from admins

select * from admins;

ADMIN_ID	ADMIN_PASSWORD	ADMIN_EMAIL
62	fariya123	faria@gmail.com
66	hamdia245	hamdia@gmail.com
69	nadia123	nadeeyah@gmail.com
61	laibah101	laibah@gmail.com

* Select unique pet types available from pets table

select distinct pet_type from pets;

PET_TYPE
Hamster
Dog
Cat
Parrot
Fish

* Count total feedbacks given by users

`SELECT count(DISTINCT feedback_id) as total_feedbacks FROM feedback;`

TOTAL_FEEDBACKS
15

WHERE :

* Select all users with points greater than 170

`select * from Users where points >170;`

USER_ID	USER_NAME	GENDER	EMAIL	POINTS	AGE	PASSWORD
3	Charlie Brown	Male	charlie.brown@example.com	200	28	CharliePwd789
7	George Harris	Male	george.harris@example.com	180	29	George@2021
11	Kevin Baker	Male	kevin.baker@example.com	190	31	KevinSecure!
13	Mike Turner	Male	mike.turner@example.com	200	33	MikeTurner\$1
17	Jane Smith	Female	jane.smith@example.com	200	25	password2

* Select all female users with age greater than 25

`select * from users where age>25 and gender='Female';`

USER_ID	USER_NAME	GENDER	EMAIL	POINTS	AGE	PASSWORD
6	Fiona Green	Female	fiona.green@example.com	130	27	Fiona!567
10	Julia Adams	Female	julia.adams@example.com	110	26	JuliaPass456
14	Nina Roberts	Female	nina.roberts@example.com	170	28	NinaRoberts123

* Select users who have not written even one blog

```
select u.user_id, u.user_name  
from users u  
where not exists (  
    select 1  
    from blogs b  
    where u.user_id = b.user_id  
);
```

USER_ID	USER_NAME
6	Fiona Green
17	Jane Smith
18	Michael Chen
16	John Doe

SUBQUERIES :

* Select those pets whose owners(users) have completed all their daily tasks

```
select p.pet_name, p.user_id from pets p  
where p.user_id in (  
    select u.user_id from users u  
    where not exists ( select 1 from daily_tasks d where u.user_id=d.user_id and  
        d.is_completed='No'));
```

PET_NAME	USER_ID
Max	7
Rex	2
Bubbles	5
Ginger	10
Oliver	13

* Show users and titles of blogs they have written

```
select u.user_id,b.blog_title as Blog_title from users u join Blogs b
on u.user_id=b.user_id
where u.user_id in (select distinct b.user_id from blogs b);
```

USER_ID	BLOG_TITLE
1	Understanding Anxiety
2	Coping with Depression
3	The Importance of Self-Care
4	Managing Stress Effectively
5	Mindfulness Meditation
7	Overcoming Negative Thinking
8	Building Resilience

9	The Benefits of Therapy
10	Understanding PTSD
11	Mental Health and Nutrition
12	The Power of Positive Thinking
13	Dealing with Grief
15	Recognizing Burnout
14	Work-Life Balance and Mental Health

* Select those users who have made atleast one appointment

```
select u.user_id, u.user_name
from users u
where exists (
    select 1
    from appointment a
    where u.user_id = a.user_id
);
```

USER_ID	USER_NAME
1	Alice Johnson
4	Daisy Miller
15	Oscar King
11	Kevin Baker
7	George Harris

GROUP BY:

* Show users and count of their friends in descending order

```
select u.user_id,u.user_name,count(f.friend_id) as friends from users u  
join friends f on u.user_id=f.user_id  
group by u.user_id,u.user_name order by friends desc;
```

USER_ID	USER_NAME	FRIENDS
6	Fiona Green	2
5	Ethan Davis	2
2	Bob Smith	2
1	Alice Johnson	2
9	Ian Walker	2
8	Hannah Lewis	2
11	Kevin Baker	2

10	Julia Adams	2
12	Laura Scott	2
3	Charlie Brown	2
7	George Harris	2
13	Mike Turner	2
4	Daisy Miller	2
15	Oscar King	1
14	Nina Roberts	1

* Show all the moods and the number of times they have been logged by users

```
select mood, Ccount(*) as mood_count
```

```
from mood_logs
```

```
group by mood;
```

MOOD	MOOD_COUNT
Stressed	1
Calm	1
Content	1
Angry	1
Happy	4
Joyful	1
Melancholy	1

Anxious	1
Energetic	1
Optimistic	1
Bored	1
Relaxed	1
Sad	1
Excited	1
Grateful	1

* Show users and number of achievements they have earned

```
select user_id, count(*) AS no_of_achievement_earned  
from achievements_earned  
group by user_id;
```

USER_ID	NO_OF_ACHIEVEMENT_EARNED
1	3
2	3
3	3
4	3
5	3

JOINS :

* Show all users and their pets

```
select u.user_id,u.user_name,p.pet_name  
from users u right join pets p on u.user_id=p.user_id;
```

USER_ID	USER_NAME	PET_NAME
1	Alice Johnson	Fluffy
2	Bob Smith	Rex
3	Charlie Brown	Whiskers
4	Daisy Miller	Spot
5	Ethan Davis	Bubbles
6	Fiona Green	Sunny
7	George Harris	Max

8	Hannah Lewis	Mittens
9	Ian Walker	Buddy
10	Julia Adams	Ginger
11	Kevin Baker	Rocky
12	Laura Scott	Charlie
13	Mike Turner	Oliver
14	Nina Roberts	Lucky
15	Oscar King	Oreo

* Show friend requests received by user 1

```
SELECT R.sender_id AS Requests_Received, U.user_name AS Requester_name
FROM Friend_Requests R
JOIN Users U ON R.sender_id = U.user_id
WHERE R.receiver_id = 1;
```

REQUESTS_RECEIVED	REQUESTER_NAME
13	Mike Turner
15	Oscar King

*To find top 5 blogs according to most comments

```
SELECT b.blog_id, b.blog_title, COUNT(c.comment_id) AS comment_count
FROM Blogs b
LEFT JOIN BlogComments c ON b.blog_id = c.blog_id
GROUP BY b.blog_id, b.blog_title
ORDER BY comment_count DESC
FETCH FIRST 5 ROWS ONLY;
```

BLOG_ID	BLOG_TITLE	COMMENT_COUNT
8	Building Resilience	1
4	Managing Stress Effectively	1
13	Dealing with Grief	1
11	Mental Health and Nutrition	1
10	Understanding PTSD	1

SINGLE ROW FUNCTIONS :

* Show all blogs written by users

```
SELECT UPPER(blog_title) AS BLOG_TITLE,blog_content
FROM blogs;
```

BLOG_TITLE	BLOG_CONTENT
UNDERSTANDING ANXIETY	Anxiety is a common mental health issue that affects many people. This blog explores the causes, symptoms, and treatment options for anxiety.
COPING WITH DEPRESSION	Depression is a serious mental health condition that requires attention and care. In this blog, we discuss ways to manage and cope with depression.
THE IMPORTANCE OF SELF-CARE	Self-care is crucial for maintaining good mental health. This blog provides tips and strategies for incorporating self-care into your daily routine.
MANAGING STRESS EFFECTIVELY	Stress is a part of life, but it can be managed. This blog covers techniques for managing stress and maintaining mental well-being.
MINDFULNESS MEDITATION	Mindfulness meditation is a powerful tool for improving mental health. This blog explains how to practice mindfulness and its benefits.

OVERCOMING NEGATIVE THINKING	Negative thinking can be detrimental to mental health. This blog discusses ways to challenge and overcome negative thought patterns.
BUILDING RESILIENCE	Resilience is the ability to bounce back from adversity. This blog provides tips for building resilience and improving mental strength.
THE BENEFITS OF THERAPY	Therapy can be an effective way to address mental health issues. This blog outlines the different types of therapy and their benefits.
UNDERSTANDING PTSD	Post-Traumatic Stress Disorder (PTSD) is a condition that can develop after a traumatic event. This blog explains the symptoms and treatment options for PTSD.
MENTAL HEALTH AND NUTRITION	Nutrition plays a significant role in mental health. This blog discusses the connection between diet and mental well-being.
THE POWER OF POSITIVE THINKING	Positive thinking can improve mental health and overall well-being. This blog provides tips for cultivating a positive mindset.

DEALING WITH GRIEF	Grief is a natural response to loss. This blog offers strategies for coping with grief and finding support during difficult times.
RECOGNIZING BURNOUT	Burnout can have serious consequences for mental health. This blog discusses the signs of burnout and ways to prevent and recover from it.
WORK-LIFE BALANCE AND MENTAL HEALTH	Achieving a healthy work-life balance is essential for mental health.

* Show the timestamp and users between which messages were exchanged

```
SELECT 'A new message has been received from user_id : ' || sender_id || ' to user_id : ' || receiver_id AS "Notification"
```

FROM messages;

Notification

A new message has been received from user_id : 1 to user_id : 2

A new message has been received from user_id : 2 to user_id : 1

A new message has been received from user_id : 1 to user_id : 2

A new message has been received from user_id : 2 to user_id : 1

A new message has been received from user_id : 1 to user_id : 2

A new message has been received from user_id : 2 to user_id : 1

A new message has been received from user_id : 1 to user_id : 2

A new message has been received from user_id : 2 to user_id : 1

A new message has been received from user_id : 8 to user_id : 10

A new message has been received from user_id : 10 to user_id : 8

A new message has been received from user_id : 8 to user_id : 10

A new message has been received from user_id : 10 to user_id : 8

A new message has been received from user_id : 8 to user_id : 10

A new message has been received from user_id : 10 to user_id : 8

A new message has been received from user_id : 8 to user_id : 10

* Show all sessions and their duration

```
SELECT SESSION_ID, APPOINTMENT_ID, ROUND(DURATION) AS  
rounded_duration
```

```
FROM sessions;
```

SESSION_ID	APPOINTMENT_ID	ROUNDED_DURATION
1	1	30
2	2	-
3	4	60

HAVING :

* Show therapists having years of experience greater than 10

```
SELECT
```

```
therapist_id,  
MAX(therapist_name) AS name,  
MAX(YEARS_OF_EXP) AS experience
```

```
FROM
```

```
Therapists
```

```
GROUP BY
```

```
therapist_id
```

```
HAVING
```

```
MAX(YEARS_OF_EXP) > 10;
```

THERAPIST_ID	NAME	EXPERIENCE
14	Dr. Noah Taylor	13
1	Dr. Amelia Green	12
8	Dr. Henry Hernandez	18
12	Dr. Lewis Moore	11
4	Dr. David Johnson	15

* Show feedbacks having rating 5

```
SELECT
    feedback_id,
    AVG(rating) AS avg_rating
FROM
    feedback
GROUP BY
    feedback_id
HAVING
    AVG(rating) = 5;
```

FEEDBACK_ID	Avg_Rating
1	5
15	5
10	5

* Show users with subscription ending within next month

```
SELECT u.user_id, u.user_name, COUNT(s.subscription_type_id) AS num_subscriptions
FROM Users u
JOIN subscriptions s ON u.user_id = s.user_id
WHERE s.end_date <= ADD_MONTHS(SYSDATE, 1)
GROUP BY u.user_id, u.user_name
HAVING COUNT(s.subscription_type_id) > 0;
```

USER_ID	USER_NAME	NUM_SUBSCRIPTIONS
11	Kevin Baker	1

SOME SCENERIO SPECIFIC QUERIES :

* To get the conversation between two particular users:

```
SELECT m.message_id, m.content, m.timestamp, m.message_status,  
      s.user_name AS sender_name, r.user_name AS receiver_name  
FROM Messages m  
JOIN Users s ON m.sender_id = s.user_id  
JOIN Users r ON m.receiver_id = r.user_id  
WHERE (m.sender_id = 1 AND m.receiver_id = 2)  
      OR (m.sender_id = 2 AND m.receiver_id = 1)  
ORDER BY m.timestamp;
```

MESSAGE_ID	CONTENT	TIMESTAMP	MESSAGE_STATUS	SENDER_NAME	RECEIVER_NAME
2	I am good, thanks!	01-JUN-23 12.00.00.00000 AM	received	Bob Smith	Alice Johnson
4	Just working on a project.	01-JUN-23 12.00.00.00000 AM	received	Bob Smith	Alice Johnson
6	Yeah, it is!	01-JUN-23 12.00.00.00000 AM	received	Bob Smith	Alice Johnson
7	Let me know if you need any help.	01-JUN-23 12.00.00.00000 AM	sent	Alice Johnson	Bob Smith
1	Hello, how are you?	01-JUN-23 12.00.00.00000 AM	sent	Alice Johnson	Bob Smith
3	What are you up to?	01-JUN-23 12.00.00.00000 AM	sent	Alice Johnson	Bob Smith
5	Sounds interesting!	01-JUN-23 12.00.00.00000 AM	sent	Alice Johnson	Bob Smith
8	Will do, thanks!	01-JUN-23 12.00.00.00000 AM	received	Bob Smith	Alice Johnson

* To search all the comments made by a user 1 on blog 1:

```
SELECT u.user_name,b.blog_title,c.commentcontent  
FROM BlogComments c  
JOIN Users u ON c.user_id = u.user_id  
JOIN Blogs b ON c.blog_id = b.blog_id  
WHERE u.user_id = 1  
AND b.blog_id = 1;
```

USER_NAME	BLOG_TITLE	COMMENTCONTENT
Alice Johnson	Understanding Anxiety	Great insights! This blog really resonated with me.

* To find all users who have a subscription:

```
SELECT u.user_id, u.user_name, u.gender, u.email, u.age, sd.type_name AS  
subscription_type  
FROM Users u  
JOIN Subscriptions s ON u.user_id = s.user_id  
JOIN Subscription_Details sd ON s.subscription_type_id = sd.subscription_type_id;
```

USER_ID	USER_NAME	GENDER	EMAIL	AGE	SUBSCRIPTION_TYPE
1	Alice Johnson	Female	alice.johnson@example.com	25	Basic
4	Daisy Miller	Female	daisy.miller@example.com	22	Basic
5	Ethan Davis	Male	ethan.davis@example.com	35	Premium
6	Fiona Green	Female	fiona.green@example.com	27	Standard
11	Kevin Baker	Male	kevin.baker@example.com	31	Basic
15	Oscar King	Male	oscar.king@example.com	34	Premium

* Show admin who has written the most sections on disorders:

```
SELECT a.admin_id, a.admin_email, COUNT(h.disorder_id) AS disorder_count  
FROM Admins a  
JOIN Health_Disorders h ON a.admin_id = h.admin_id  
GROUP BY a.admin_id, a.admin_email  
ORDER BY disorder_count DESC  
FETCH FIRST 1 ROW ONLY;
```

ADMIN_ID	ADMIN_EMAIL	DISORDER_COUNT
61	laibah@gmail.com	6

* To find all the comments on a blog 3:

```
SELECT u.user_name, c.commentcontent  
FROM BlogComments c  
JOIN Users u ON c.user_id = u.user_id  
WHERE c.blog_id = 1;
```

USER_NAME	COMMENTCONTENT
Charlie Brown	This is a helpful read. It's important to talk about mental health.

* To check all the requests sent by user 2:

```
SELECT R.receiver_id AS Requests_Send_To, U.user_name AS Requested_name  
FROM Friend_Requests R  
JOIN Users U ON R.receiver_id = U.user_id  
WHERE R.sender_id = 2;
```

REQUESTS_SEND_TO	REQUESTED_NAME
3	Charlie Brown
8	Hannah Lewis

CONCLUSION:

Serenity is a comprehensive tool designed to support users in managing and improving their mental well-being. It offers a variety of features, including a mood tracker, virtual pet, blogging platform, note-taking, social networking, professional help access, and feedback mechanisms. While the app provides valuable educational and supportive resources, it is not intended for diagnostic purposes and should be used in conjunction with professional mental health care. Users are encouraged to seek the advice of qualified healthcare providers for accurate diagnosis and treatment of mental health disorders. By understanding its limitations, users can make the most of the app's features to enhance their mental health journey within a supportive and interactive community.